

## MORSELS AND MORE; FISH CHOWDER

You will need a Dutch oven for the cooking

6 slices of bacon

2 onions

4 garlic cloves

4 stalks of celery

3 to 4 cups clam juice

2 lbs. tilapia

5 potatoes (pre-boiled)

1 tsp. thyme

4 bay leaves

2 cups milk

4 Tbl. Water

6 tsp. cornstarch

Salt and pepper

Provide all participants with gloves and hair nets, sharp knives and cutting boards. Begin by having one participant cut the bacon into pieces of about 2 inches. (easier to do when the bacon is slightly frozen). Give other participants the onions and celery to dice. Demonstrate the method of peeling garlic by hitting it with the flat of a knife blade. Ask another participant to chop the garlic very small.

Place bacon into the Dutch oven and crisp; Remove. Add the onion, celery, and garlic and saute for several minutes.

Deal out the slightly soft boiled potatoes to several participants. They must peel the potato and then dice it into small cubes.

As participants are dicing the vegetables, add the clam juice (can be purchased in the soup aisle) (could also use chicken broth), thyme & bay leaves.

Add the potatoes to the pot and return the bacon.

Give the participants fillets of fish to be cut into cubes. Do this as the LAST cutting activity so the cutting boards, knives, and gloves can all be washed or disposed of immediately after.

While they are cutting the fish, remove a cup of vegetables from the pot and mash. Return it to the chowder.

Add the fish to the pot along with the 2 cups of milk

Mix the cornstarch with the 4 T. of water until smooth. Add it to the bubbling chowder to thicken.

Add salt and pepper to taste.

Serve with a rustic bread like Portuguese, Sourdough, etc.