

SOUP IT FORWARD THE SOUP SISTERS WAY!

Get ready to prepare Smoked Salmon Chowder



Lisa Ahier was born in Texas and studied at the Culinary Institute of America in New York. She started the Sobo food truck in 2003 with her husband, and has since become a destination restaurant. With visitors making the pilgrimage to the west coast of Vancouver Island just to taste chef Lisa Ahier's cooking—which is, to use Tofino slang, simply “killer”. She is famous for her smoked salmon chowder, and can't wait to make it with you!



Canned chipotle peppers are smoked jalapeños packed in a pungent sauce. They add heat and lovely smoky flavor to all kinds of dishes. Although you only need 1 Tbsp of chipotle purée for this soup, it makes sense to purée the whole can. Spoon the remainder into a small container, seal and refrigerate for up to 4 days, or spoon into a small freezer bag, flatten to expel the air and freeze for several months. To use the frozen purée, simply break off the amount you need from the flattened pack.



Smoked Salmon Chowder

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The Soup Sisters
Family Cookbook by
Chef Lisa Ahier

Makes about 6 servings

6 Tbsp canola oil, divided
3 large onions, chopped and divided
3 large carrots, peeled and chopped
6 stalks celery, chopped
4 cups fish stock
1 lb potatoes, peeled and cubed
2 Tbsp dried oregano leaves
1 Tbsp dried basil leaves
1 Tbsp dried thyme leaves
1 Tbsp salt
3 cups whipping cream (35% MF)
1 lb boneless, skinless smoked salmon, coarsely chopped
½ cup roasted garlic cloves (recipe opposite)
1 small roasted sweet red pepper, stemmed and seeded
1 can (7 oz) chipotle chilies in adobo sauce (see sidebar)
1 lb boneless, skinless fresh salmon, cut into bite-size chunks
1 Tbsp finely chopped fresh dill



roasted garlic

1 whole head garlic
Olive oil
Salt and pepper to taste

1. Cut a slice from the top of the garlic head. Drizzle the exposed cloves with a little olive oil and sprinkle with salt and pepper to taste.
2. Wrap the head of garlic, along with an ice cube, in heavy duty foil. Roast on the barbecue over indirect medium heat, or in a 350°F oven, until nice and soft, about 30 minutes on the barbecue or 45 minutes in the oven. When the garlic is cool enough to handle, squeeze the cloves out of the skin, discarding the skin.

Gluten
free