New England Fish Chowder

1 ½ lbs fish (haddock, cod, etc.)

1 cup diced carrots

2 cups cubed potato (raw)

1 quart of water or clam juice **

¼ lbs salt pork or bacon (diced) or butter

1 diced onion (medium)

2 tbsp. flour

2 cup milk or heavy cream **

½ tsp Accent

salt & pepper to taste

Cook fish, potato, carrots in water until cooked. Set aside. Fry salt pork, remove meat, sauté onion in drippings, remove from heat, and add flour. Stir until well blended. Medium heat…gradually add milk until it thickens. Add fish mixture, and spices. Stir frequently and simmer an additional 10 Min.

**You may alter the ratio of water & clam Juice as well as milk & cream.

If you wish for a thicker soup, stir in some cornstarch diluted with water to desired thickness

Good Luck!