

FISH CHOWDER

THIS RECIPE TAKES 45 MINUTES TO MAKE | THIS RECIPE MAKES 6 SERVINGS

INGREDIENTS

- 1 onion, chopped
- 4 potatoes, chopped
- 3 carrots, diced
- 4 cups chicken broth
- 2-3 cups fish pieces
- 1 can evaporated milk (354 ml or 1.5 cups)
- 2 tablespoons butter
- Salt and pepper

Options:

Use fresh or powdered milk instead of evaporated milk

Add corn, celery, peppers, garlic, or mushrooms

Add parsley, thyme, or other herbs you like.

DIRECTIONS

Step 1: Chop vegetables

Chop 1 onion and 4 potatoes. Dice 3 carrots.

Put vegetables in a large pot with 4 cups of chicken broth.

Step 2: Cook vegetables until tender

Put the pot on the stove, lid on. Turn burner to high.

Bring to a boil.

As soon as it boils, turn burner to low. Bring to a boil.

Simmer until vegetables are tender, about 30 minutes.

Step 3: Add other ingredients

Leave the pot on the stove. Take the lid off. Turn the burner to medium.

Add to the pot:

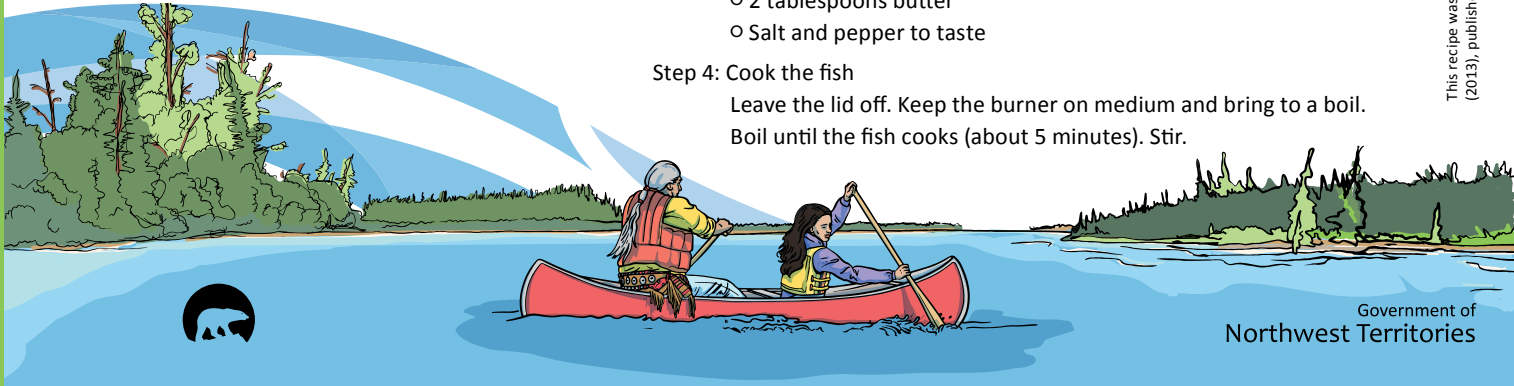
- 2-3 cups fish pieces
- 1 can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste

Step 4: Cook the fish

Leave the lid off. Keep the burner on medium and bring to a boil.

Boil until the fish cooks (about 5 minutes). Stir.

This information has been translated into Tłı̨çhǫ.



ƙIWE TIÌWO

Dii 45gèa ts'q̄ hohłè | Dq 6 shèzhèa gha hq't'e.

Asii hatłq̄ weyii whela

- Tł'ots'ı 1 taj t'à
- Nıhshè 4 taj t'à
- Whah 3, nechàlea taj t'à
- K'àmba weti 4 libò
- ƙiwekwò 2-3 libò
- Ejiet'òò satsòtq̄ yii (354 ml hani-le dè 1.5 libò)
- Ejiet'òòtlè echłıjı nechà 2
- Dewa eyits'q̄ dıhts'ia

Kaƙa

Ejiet'òò satsòtq̄ yii whetł'ı t'aat'ı-le waàdzà, dihk'òà ejiet'òò gohlı t'ànet'ı hani-le dè ejiet'òò whegqò t'ànet'ı.

Corn, whah kaƙa, dıhts'ia, garlic hani-le dè dloòndi weta ahte.

Tł'oh whegqò kaƙa weta anele, parsley, thyme hani-le dè ayii negha nezı sıi weta anele.

Akwełq̄ 1: Tł'oh kaƙa taj t'à

Tł'ots'ı 1 taj t'à eyits'q̄ nıhshe 4, whah 3 nechàlea taj t'à.

Tł'oh kaƙa hazhq̄ tq̄ nechà yiafe wexè k'àmba wet'ı weta nehtł'ı.

Nàke 2:

Tł'oh k'aƙa hazhq̄ dezhiłea ts'q̄ neht'è

Tq̄ asqk'q̄ k'e nıjge, wedaàtq̄ xè. Nàtso k'e whetq̄ anele. Ehxoò anele. Ehxoò tł'axqò, natsolea ts'q̄ nıj tı. Ehxoò anele. Ts'ehwhı a nexoò, hazhq̄ whah kaƙa dezhiłea ade ts'q̄, 30gèa akiyeh.

Tai 3:

Asii tadı weta anele

Tq̄ wedaàtq̄ wedè asqk'q̄ k'e dawhetq̄ anele. Asqk'q̄ tanı ts'q̄ whetq̄ anele.

Tq̄ yii nehtł'ı:

- ƙiwekwò libò 2-3
- satsòtq̄ ejiet'òò 1
- echłıjı nechà 2 ejiet'òòtl'eh
- Negha nezı ts'q̄ dewa eyits'q̄ dıhts'ia weta anele

Dı 4:

ƙiwekwò neht'è

Wedaàtq̄ wedè. Asqk'q̄ tanı k'e whetq̄ anele eyits'q̄ ehxoò anele. ƙiwekwò et'è ts'q̄ nehxoò. Ets'aj geh.

