

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:

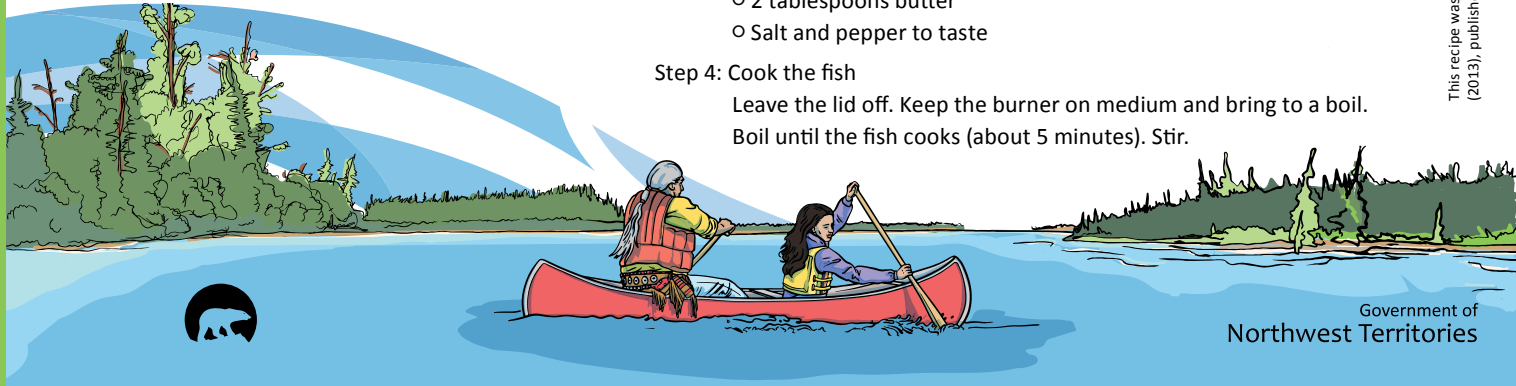
- 2-3 cups fish pieces
- 1 can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste

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 nehiyawewin.



CHOWDER KINOSEW

45 cipahkanis oma mîcim kiskinwahamakewin | 6 nikotwâsik'yâkan oma mîcim kiskinwahamakewin.

ka mâmawinamihk

- o pêyak'watahikan wihcekaskociy
- o napatâk newo, pêyak'watahikan
- o nisto oskâtâsk, pikinisawata
- o pihew pimitêw newo minihkwâcikan
- o minihkwâcikan pahki kinosew neso-nisto
- o mescipayiw tohtosapoy peyak piwapiskos (345 ml ahpo 1.5 minihkwâcikan)
- o pimiy neso êmihkwân
- o asta sîwihtâkan mina papeskomina

nawasonikewin

asici oskisiw tohtosapoy ohpihkasikan mêskoc asici tohtosapoy mescipayiw.

asta ekwa mahtâmin, kaspipakwa, pêpêskomina, asici garlic, ahpo ayikinônâcikan.

asta parsley maskihk îya, asici thyme, ahpô maskihk îya ahpôkiya.

peyak'atoskewin: pîkokahwew pîwi'kiscikânis

pêyak'watahikan wihcekaskociy, mina newo napatâk. nisto oskâtâsk.

asta pîwi'kiscikanis asici mistahiya pakachikan mina newo minihkwacikan pimitêw pihew.

neso'atoskewin: okîstepiw pîwi'kiscikanis yoskâw isko

nita pakachikan kotawanapisk tahkoc akwanâpowehikan.

kîsisikakan kiso isipimihk. isko ekwa osow.

mayaw osow ekwa, kîsisikakan ihkaciwatew.

osow ekwa.

kekâc ka ohtek isko pîwi'kiscikanis yoskâw, kekâc 30 cipahkanis.

nisto atoskewin: asta kotak ka mâmawinamihk

Tnakata ekwa pakachikan tahkoc kotawanapisk.

akwanâpowehikan patoti ekwa. ihkaciwatew âpihtaw isi.

Tasta asici pakachikan:

o minihkwâcikan pahki kinosew neso-nisto

o mescipayiw tohtosapoy peyak piwapiskos

o pimiy neso êmihkwân

o asta sîwihtâkan mina papeskomina nistospicikewin

atoskewin newo: piminawaso kinosew ekwa

akwanâpowehikan nakata patoti ekwa. takohc âpihtaw

isi asici kîsisikakan mina pakahta. pakahta isko tanispe

kinosew ekosi (nîyanân cipahkanis). itehikew.

