

# Jason Pettit – Capital Radio Recipe



## **Irish Seafood Chowder with Soda Bread**

A simple yet delicious chowder packed full of delicious fish and shellfish and vegetables. Homemade soda bread is quick and easy and requires no yeast – the perfect accompaniment to this recipe.

### **Ingredients**

12	each	clams	(cleaned & rinsed)
16	each	mussels	(cleaned & rinsed)
250	ml	vegetable stock	
200	gram	smoked haddock	(skinless, cut into chunks)
200	gram	fresh prawns	(peeled & cleaned)
200	gram	cod	(skinless, cut into chunks)
2	Tbsp	cooking oil	
3	each	spring onions	(cleaned & sliced finely)
1	large	potato	(peeled & cubed 15mm)
1	stick	celery	(cleaned and diced finely)
1	can	sweetcorn	(drained)
100	gram	green beans	(trimmed, cut into 1cm pieces)
150	ml	cooking cream	
2	Tbsp	parsley	(chopped)
1	each	lemon	(zested & juiced)
<i>salt &amp; black pepper to taste</i>			

### Soda Bread

200	gram	wholemeal flour	
275	gram	white bread flour	(plus extra for dusting)
1	Tsp	bicarbonate of soda	(heaped)
200	ml	buttermilk	
1	large	egg	
1	Tsp	honey	
1	pinch	salt	

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## **Method**

Mix buttermilk, honey and egg in a jug with a fork.

Combine both flours with the bicarbonate of soda and salt and make a well in the centre then pour in the wet mixture.

Bring the mixture together to form a dough (add a little more flour if it is too sticky).

Lightly knead on a floured surface then form into a round or oval (depending on bread tin shape) then place into the loaf mould and dust the top with flour.

*(Brush the mould with oil and dust with flour if not non-stick).*

Bake in an oven pre-heated to 190C / 375F for 35 – 40 minutes then turn out onto a cooling rack.

Pre-heat a heavy bottomed pan over a high heat.

Add rinsed clams and 50ml of vegetable stock then cover with a tightfitting lid. Steam until all the clams are open – approx. 4minutes).

Drain the clams in a colander reserving the cooking liquid.

Repeat with the mussels.

Return the pan to a medium high heat then add the oil.

Once hot, add the sliced spring onion and celery and sauté until soft but not coloured.

Add the potatoes and toss together.

Add 150ml of the saved clam/mussel liquor, the remaining vegetable stock, and the cream, bring to a low simmer, reduce heat and cover with a lid. Cook until the potatoes are just cooked.

Add the chunks of fish, the prawns and the green beans.

Cook for 3 – 4 minutes then add the cooked clams, mussels and sweetcorn and cook with the lid on for a further 2 minutes.

Add the lemon zest, salt and pepper and chopped parsley and the lemon juice in small amounts until the taste is to your liking.

Serve family style in the pot with the sliced soda bread.

Notes from the chef:

*The bread can be made in advance*

*The shellfish can be substituted for seasonal local catch of the day.*

*The white fish can be substituted for other white fish such as pollock / sherri / snapper.*

*You can substitute or remove the green beans and / or sweetcorn for other vegetables.*

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## **Notes from the chef for a Vegan Version;**

### **Option 1**

*Replace the fish and shellfish with seasonal vegetables cut into bite size chunks.*

*Replace the cream with coconut milk.*

*Replace the potato with cooked quinoa.*

*Add 2 Tbsp white miso paste to the stock with the coconut milk.*

### **Option 2**

*Replace the fish and shellfish with a mix of woodland mushrooms.*

*Add firm tofu, cut into slices and charred in a hot pan – (if you can find smoked tofu, try this).*

*Replace the cream with coconut milk.*

*Replace the potato with cooked quinoa.*

### **Vegan Soda Bread**

*Replace the buttermilk and egg with plant or nut-based milk.*

*Add 1Tbsp of white vinegar.*

Tbsp - tablespoon

Tsp – teaspoon