

Barnstable Bluefish Chowder



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1-2 lbs of boneless skinless bluefish fillets*
1 pint half and half (or cream or evaporated milk)
1 cup of fish broth (or water)
1 small onion
1 medium potato
1 large can of mixed vegetables
1 tsp Parsley
½ tsp Dill
1 pinch of basil (optional)
salt and pepper to taste
2-3 Tbs Butter

* Just under the skin of a Bluefish there is a layer of dark reddish-brown meat that has a very strong taste. Many people remove this layer saying that it improves the flavor.

Bring the fish broth to a boil (if you do not have any fish broth, water will do). Add 1 finely diced small onion and 1 diced medium potato. When the onion becomes translucent, add the parsley, dill, basil, 2-3 tablespoons of butter and a large can of mixed vegetables. When it returns to boiling, add one to two pounds of properly cleaned Bluefish filets (see above) and cover.

Allow to boil for roughly 3-5 minutes (until the flesh flakes easily with a fork). Using a fork, break apart the filets and add salt and pepper to taste.

Add the Half and Half (you can substitute 2 cans of evaporated milk or a pint of heavy cream).

Bring the chowder back to a simmer (almost to a boil).

If you like your chowder thick, mix ½ tablespoon of cornstarch and mix it with 1/3 cup of cold water making sure that there are no lumps. Now slowly pour this mixture into the pot while stirring the simmering chowder. As the mixture heats, it will thicken - keep stirring until it reaches the desired consistency.