大廚師 March.3 - Seafood Chowder 海鮮奶油濃湯

- 1 russet potato, cut into medium cubes
- 1 white onion, cut into medium cubes
- 2 stalk of celery, cut into medium cubes
- 1 carrot, cut into medium cubes
- one fillet of monk fish, cut into large pieces
- 10 prawns, shelled and de-vein
- 4 pieces of bay scallops, cut into halves
- 1/2lb of crab meat
- 1L of seafood stock, vegetable stock works too
- 3 table spoon of cream
- half cup of flour
- parsley, chopped for garnish

in a hot soup pot heat up olive oil. once the olive oil is hot add carrots, celery, onions. sautee for 2 mins then add the potatoes. turn the heat down to medium high heat. cook for another 3 to 5 mins until onions are translucent. add the flour and cook for another 5 mins. pour in the stock andbring it to a boil. once it boils turn the heat down to let it simmer for 10 mins on low heat. then add your cream and all your seafood. dont stir too hard it might break the fish. take off the heat and let it sit for 5 mins before serving. add parsley as a garnish

- 1 黃褐色馬鈴薯，切成中等立方體
- 1 個白洋蔥，切成中等立方體
- 2 棵芹菜，切成中等立方體
- 1 個胡蘿蔔，切成中等立方體
- 安康魚 魚片，切成大塊
- 10 隻蝦，去殼及去脈
- 海灣扇貝 4 片，剪成兩截
- ½磅 蟹肉
- 海鮮精/粉湯 1L，或蔬菜精粉/湯
- 3 湯匙白奶油
- 半杯麵粉
-香菜，切碎 (裝飾用的)

在湯鍋中 熱橄欖油。鍋熱後添加胡蘿蔔，芹菜，洋蔥。
爆香 2 分鐘，然後加入馬鈴薯。把火調到 中高熱量。
煮 3 至 5 分鐘，直到洋蔥是半透明的。
加入麵粉，煮 5 分鐘。倒入海鮮精粉/湯，把它煮開。
一旦沸騰後 把火調小 . 燉 10 分鐘。
再加入奶油和所有的海鮮。
不要攪拌太用力，要不然可能會攪散魚。關火後 放著 5 分鐘。
最後 再添加香菜