

Albacore Chowder



INGREDIENTS

6 bacon slices, cut crosswise into 1/2-inch pieces
1 large garlic clove, chopped
2 medium onions, chopped
2 tbsp all-purpose flour
8 oz boiling potatoes, peeled and cut into 1/2-inch dice
4 cups chicken stock or broth
1/2 bay leaf
1/2 tsp dried thyme
1/2 tsp salt
Freshly ground black pepper
1 cup heavy cream
3 cups fresh or frozen corn kernels
1 can Wild Pacific Albacore, broken into large chunks
1 cup frozen baby lima beans (optional)
Chopped fresh flat-leaf parsley or thyme sprigs for garnish

1. Cook the bacon until crisp in a large, heavy saucepan over medium-high heat. Pour off all but 1 tablespoon of the bacon fat. Add garlic and onions and cook for 1 minute, or until tender. Stir in the flour, reduce the heat to medium-low, and cook, stirring constantly with wooden spoon.
2. Add the chicken stock, potatoes, bay leaf, thyme, salt and pepper to taste and bring the soup just to a boil. Immediately reduce the heat and gently simmer for 15 minutes, or until the potatoes are thoroughly tender.
3. Stir in the heavy cream, corn, lima beans, and tuna and cook until heated through. Ladle into soup bowls and garnish with parsley or sprigs of thyme.
4. Serve hot.

(Recipe courtesy of WFOA – PacificAlbacore.com)