



PROFESSIONAL



# IRISH SEAFOOD CHOWDER & STOUT BREAD

Serves 4

## INGREDIENTS LIST

300g Monkfish, cod or haddock (or any other firm white fish) cut into 1" cubes  
200g Fresh salmon, cut into 1" cubes  
250g Mixed, cooked shellfish (clams, mussels, prawns etc)  
1 tbsp Oil  
80g Chopped onion  
600ml Fish stock  
400ml Avonmore Professional 15% Cooking Cream  
3 Medium potatoes cut in 1/4" dice  
Sea salt & freshly ground pepper  
Optional: Freshly chopped parsley  
Optional: Blanched vegetable garnishes (carrots, leeks, celery, peas)

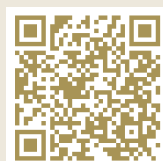
## THE RECIPE, STEP BY STEP

1. Heat the oil in a heavy based saucepan. Add the onion and sauté for 2 minutes over a low heat until the onions are translucent.
2. Add the fish stock and potatoes. Cover and simmer for 15 minutes until the potatoes are cooked.
3. Remove from the heat and puree until completely smooth.
4. Return the pan to a medium heat, Add the diced fish and gently poach in the hot liquid for 4 minutes.
5. Add the shellfish and stir in the Avonmore Professional 15% Cooking Cream, allow to heat to serving temperature.
6. Season to taste with sea salt and freshly ground pepper.
7. Ladle into warmed serving bowls and finish with optional warmed blanched vegetables and fresh chopped parsley.

## AVONMORE PROFESSIONAL PRODUCT USED



15% Cooking Cream



Scan here for recipes.

For further information, please contact your Avonmore Professional distributor.



# STOUT BREAD

Makes 4 Loaf Tins

## INGREDIENTS LIST

- 600g Wholemeal flour
- 75g Plain flour
- 75g Wheatgerm
- 75g Rolled Oats
- 15g Bread soda
- 6g Salt
- 15g Brown sugar
- 40g Avonmore Professional Unsalted Butter
- 480ml Buttermilk
- 200g Dark Treacle
- 220ml Irish Stout

## THE RECIPE, STEP BY STEP

1. Mix the dry ingredients (except the rolled oats) with room temperature butter in a large bowl.
2. Mix the wet ingredients together, then pour into the dry mix and thoroughly combine.
3. Weigh 450g of the mixture into 4 greased 1lb loaf tins. Sprinkle the rolled oats on top.
4. Bake at 180°C for 35-40 minutes.

## AVONMORE PROFESSIONAL PRODUCT USED



Unsalted Irish Butter



Scan here for recipes.

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