

Seafood Chowder

*from the Zwicker Inn, Mahone Bay, Nova Scotia
Deb Mathers*

1 medium onion, minced	chopped
1 cup celery, diced	$\frac{3}{4}$ cup sour cream
1 tbl butter	3 medium potatoes, peeled, cooked, diced
1½ tsp thyme	1¼ cups milk
2 cups whipping cream	1 tsp salt
8 oz haddock or halibut fillets	$\frac{1}{2}$ tsp pepper
6 oz scallops, chopped	paprika for garnish
3 oz lobster meat, cooked,	

1. Cook onion and celery in the butter until transparent. Add the thyme. Remove from heat.
2. In a saucepan, pour the whipping cream over fish. Cover, bring to a boil, reduce heat and simmer slowly for 10 minutes or until the fish flakes easily. Remove the fish with a slotted spoon, then break into small pieces and remove any bones. If the fish is boneless, I skip this step and just leave the fish and cream in the pot.
3. Add the onion mixture and scallops to the poaching mixture. Bring barely to a boil, then reduce heat and simmer for about one minute, or until the scallops are opaque.
4. Add the fish, lobster, sour cream, potatoes and milk. Heat through but do not allow to boil. Season with salt and pepper.
5. Ladle into soup bowls, sprinkle with paprika.

I find it is better the second and third day. Very rich, very expensive, and very tasty. Serve with a very nice bread or rolls.



Vegetables

Maple-Glazed Parsnips

Edie Hancock, adapted from a recipe of Delia Smith; serves 8

3 lbs medium-sized parsnips (and yes, for 8 people I used a full 3 pounds)	salt and freshly ground pepper to taste
3 tbl peanut oil (peanut oil is used because it has a high smoking point)	2 rounded tbl wholegrain mustard 2 tbl maple syrup

1. Preheat oven to 450°F.
2. Peel the parsnips and then cut them in half horizontally through the centre; cut the top half of each parsnip into four and the bottom half into two to make even-sized pieces.
3. Sprinkle with salt and steam, covered, for 6 minutes.
4. Meanwhile, put the oil in a baking tray and place in oven to preheat, watching carefully to ensure the oil isn't smoking. Remove from the oven, and place on direct low heat on the top of the stove to keep warm.
5. Add the parsnips, rounded side up; tilt the pan and baste parsnips evenly with the hot oil to coat.
6. Grind pepper over the parsnips.
7. Return to the oven until nicely browned, 15-25 minutes. Check after 10 minutes, reduce heat if necessary.
8. In a small bowl, combine the mustard and maple syrup to form a glaze. Brush the parsnip with a liberal coating of the mustard and maple syrup mixture.
9. Return to the oven and cook for a further 8-10 minutes.
10. Serve immediately.