

Hearty Salmon Chowder - by Healing Family Eats

If you can't find wild salmon, use a different sustainable fish such as halibut instead. Farmed salmon is [such a bad idea](#) because of the way it is bred and fed!

(serves 4-6)

2 tbsp solid fat (I used [coconut oil](#))
1 small fennel, thinly sliced, fronds reserved
1 large leek, thinly sliced
2 stalks celery, sliced
1 small celeriac, peeled and cut into 1/4 inch dice
2 small rutabaga, peeled and cut into 1/2 inch cubes
2 large carrots, cut into 1/2 inch cubes
3 sprigs fresh thyme
3/4 lb (340g) wild salmon fillet, skin on
2 cups (500ml) [coconut milk](#)
1 cup (250ml) chicken or fish bone broth
1 large [bay leaf](#)
3/4 tsp [sea salt](#), or to taste
chopped curly parsley to garnish



Melt the fat in a large pan (that has a tight fitting lid) and add the vegetables and thyme. Put the lid on the pan and cook on a gentle heat for 25-30 mins or until tender, stirring once in a while. You want to sweat the vegetables, rather than get some colour on them so if you feel the vegetables are in danger of browning, add a tbsp or two of filtered water.

Meanwhile place the salmon, skin side down, into a large sauté pan with the coconut milk, broth and bay leaf. Bring the liquid to a gentle simmer and poach the fish for 6-8 minutes until only just cooked.

Remove the salmon from the coconut milk, discard the skin and bay leaf. Pour the milk into the pan with the vegetables, bring up to a simmer and cook a further 5 minutes or until the rutabaga and carrots have cooked through. Flake the salmon into large pieces, add to the vegetables and reheat, being careful not to let the chowder boil. Add sea salt to taste.

Serve with the reserved fennel fronds and chopped parsley on the top.