**Shrimp and Potato Chowder**



**Description:** Tender shrimp and yellow potatoes slow simmered in cream based sauce with aromatic vegetables, corn, and fresh herbs

**Servings:** 4

**Preparation Time:** 15 minutes

**Cooking Time:** 45 minutes

**Total Time:** 60 minutes

**Potato Type:** Yellow Potatoes

**Course:** Soup, Entrée, Brunch, Lunch, Dinner

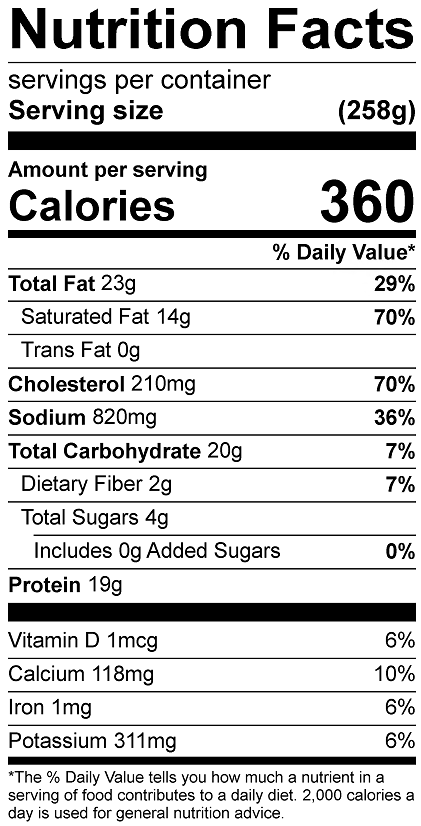
**Ingredients**

*For the Chowder:*

* 2 tablespoons (56g) Unsalted Butter
* ½ cup (75g) Yellow Onions, chopped ½ inch dice
* ¼ cup (40g) Celery, chopped ¼ inch dice
* ¼ cup (40g) Carrots, chopped ¼ inch dice
* ¼ cup (40g) Fennel, chopped ¼ inch dice (optional)
* ¼ cup (58g) All Purpose Flour
* 64 ounces (2 liter) Seafood Stock (Vegetable Stock can be subbed)
* ¾ cup (180ml) Heavy Cream
* 2 cups (130g) Yellow Potatoes, diced 1 inch cubes
* 16 ounces (453g) 41/50 Medium Shrimp, peeled and deveined
* 1-1/2 teaspoons (2g) Kosher Salt
* 1 teaspoon (1g) Freshly Ground White Pepper
* ¼ cup (2g) Fresh Chives, chopped
* 1 tablespoon (1g) Fresh Tarragon, chopped
* 1 each Lemon, zested and juiced

**Preparation**

1. In a large pot heat the butter over medium heat.
2. When the butter is melted add the onions, celery, carrots, and fennel. Sauté the vegetables, stirring constantly to avoid any color on the vegetables (2-3 minutes).
3. Dust the flour across the top of the vegetables and stir the flour into them. Using a whisk, slowly drizzle in the stock, stirring while pouring till combined.
4. Stir in the heavy cream and add the potatoes. Bring the soup to a simmer and cook until the potatoes are just fork tender.
5. Add in the shrimp and simmer for 3-5 minutes or until the shrimp is opaque and pink.
6. Adjust the seasoning with the salt to your liking, the amount of salt you add here will vary depending on how salt the shrimp are.
7. Stir in the white pepper, chives, tarragon, lemon zest and lemon juice.
8. Serve immediately and enjoy!



Vitamin C: 9.9mg