

# Fiskesuppe

## Norwegian Cod and Root Vegetable Chowder

When making this creamy fish stew feel free to substitute mahi-mahi, Salmon, scallops, or shrimp.

6 tbs unsalted butter  
4 cloves garlic, chopped  
1 small onion, chopped  
1 green pepper, seeded and chopped  
1 small leek, sliced 1/4" thick  
Salt and pepper to taste  
2 medium carrots, sliced  
1 large parsnip, peeled and chopped  
1 small celeriac, peeled and chopped (optional)  
4 medium new potatoes, peeled and cut into 1" pieces  
3 cups fish stock  
2 cups milk  
1 cup heavy cream  
1 1/2 tbsp Worcestershire sauce  
2 lb boneless, skinless cod, cut into 2" pieces  
1/3 cup dill, chopped  
1/4 cup parsley chopped  
Juice of 1 lemon

Heat butter in stock pot. Add garlic, celery, onions, peppers and leeks season with salt and pepper. Cook, stirring, until soft, 8-10 minutes. Add carrots, parsnips, celeriac, potatoes, stock, milk, cream, and Worcestershire, bring to a boil. Reduce heat and cook stirring occasionally, until vegetables are tender, about 25 minutes. Add cod, and continue to cook, stirring gently, until fish is cooked through, 6-8 minutes. Stir in dill, parsley, lemon juice, and salt and pepper.