

## Fish Chowder

### **Ingredients:**

Skinned Grouper or any firm fish  
2-3 slices salt pork  
2 medium onions, diced  
1 green pepper, diced  
1 cup celery, diced  
1 – 16 oz. can of tomatoes  
1/2 tsp. oregano  
1 cup potatoes, diced  
1 tsp. salt  
2 tbs. flour  
1 qt. water  
1/2 tsp. thyme  
1/2 tsp. all spice  
1 bay leaf

### **Directions:**

Cut fish in bite size pieces, salt and soak in lime juice. Set aside. In a large pot saute salt pork and remove from pot. Add onions, green pepper, celery, and tomatoes to the pot; cook slowly until lightly brown. Add potatoes, spices, flour and water. Cook until potatoes are tender, about 10-15 minutes. Add fish and cook slowly until fish is flaky. Add more seasoning if needed and Tobasco or hot peppers to taste.

Kurt Stotter  
"Semper Fi"