



**BRISTOL BAY**  
SOCKEYE SALMON

## **QUICK SOCKEYE SALMON CHOWDER**

**SERVINGS: 4**

### *Ingredients:*

1 can (14.75 oz.) or 2 cans (7.5 oz. each)  
sockeye salmon

1 tablespoon butter

1 small onion, chopped

1 tablespoon flour

3 cups skim milk

2 cups (8 oz.) frozen hash brown potatoes  
with peppers and onions (O'Brien style)

1 can (8 oz.) drained or 1 cup frozen corn  
kernels

1 teaspoon dried thyme or dill weed

1/2 teaspoon salt

1/2 teaspoon lemon pepper or pepper  
blend seasoning

1/4 cup bacon bits, divided

2 tablespoons sherry, if desired

### *Directions:*

**1** Drain salmon, reserving liquid; discard skin and bones (if any). Break salmon into chunks, set aside.

**2** Melt butter in 2-quart saucepan over medium heat. Add onions; cook and stir 5 minutes. Add flour; cook 1 minute, stirring occasionally. Add milk and salmon liquid, bring to a low boil. Stir in potatoes, corn, seasonings, and 2 tablespoons bacon bits. Return to simmer, and cook 5 minutes. Stir in salmon and sherry, if desired; heat through.

**3** To serve, ladle soup into bowls; sprinkle with remaining bacon bits.

Spicy Variation: Add Cajun seasoning, southwest seasoning or red pepper flakes to taste.

Find more delicious wild sockeye salmon recipes at  
[www.bristolbaysockeye.org](http://www.bristolbaysockeye.org).