



Salm 'n' Clam Chowder *(Adapted from Food Network Canada)*

1 tablespoon olive oil
3 slices bacon, finely chopped
1 medium onion, diced
2 stalks celery, diced
2 cloves garlic, minced
1-1/2 cups peeled, cubed sweet potato
1 teaspoon dried thyme
1-1/2 cups low sodium chicken broth
2 teaspoons Old Bay seasoning
1 - 14 ounce can creamed corn
1-1/2 cups chopped uncooked clams plus juice or 2 cans baby clams, undrained
8 ounces boneless skinless salmon fillet, cut into chunks (I used Coho)
1-1/2 cups half and half
1/4 cup all-purpose flour
2 tablespoons fresh parsley, chopped
Salt and freshly ground black pepper

Heat a large soup pot over medium heat. Add oil and bacon. When bacon starts to crisp, add onions, celery and garlic. Cook until vegetables are softened - about 5 minutes. Add sweet potato and thyme and cook, stirring for 1 minute. Stir in chicken broth and Old Bay seasoning, bring to a simmer and cover pot. Cook for 10 minutes or until potato is cooked. Stir in creamed corn. Whisk together half and half with flour until smooth. Add to soup along with salmon and clams. Cook, stirring often until fish is done and soup thickens - about 5 minutes. Garnish with parsley. Taste for seasoning and add salt and pepper as required. Makes 8 servings.