

# Salmon and Corn Chowder by Lynn's Recipes

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Lynn demonstrates how to make a Salmon and Corn Chowder. This is a super fast chowder and really delicious. Suitable for lunch or dinner. From Brandy Andrews.

## Ingredients:

- 3 Tablespoons butter
- 1 large onion, chopped
- 3 medium red potatoes (1 lb.), cut into 1/2 " cubes
- 3 Tablespoons all-purpose flour
- 4 cups chicken broth or stock
- 2 cups fresh or frozen corn kernels (thawed, if frozen)
- 1 cup heavy cream
- 1/4 teaspoon paprika
- Sea salt, to taste
- Freshly ground pepper, to taste
- 1-1/2 pounds salmon fillets, skinned and cut into 2" pieces
- Fresh lemon juice, to taste
- 1-2 Tablespoons fresh dill, chopped
- 1-2 Tablespoons fresh parsley, chopped

Melt butter in a large saucepan over medium heat. Add onion and potato and cook, stirring often for about 5 minutes. Add flour and cook, stirring constantly for 1 minute. Add broth or stock and bring to a boil; reduce heat, and simmer, covered, 5 minutes or just until potato is tender.

Stir in corn and next 4 ingredients; return to a simmer, stirring occasionally. Add salmon and

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simmer 4 minutes or just until it flakes. Add lemon juice and fresh herbs; season with additional sea salt and pepper, if desired.

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