



Salmon Chowder

Ingredients

Salmon – Baked or Grilled

4 Tablespoons Olive Oil

3 cloves of Garlic, minced

1 Leek, white and pale-green parts only, thinly sliced.

6 Red Potatoes, chopped into small 1/2 inch cubes

Salt and Pepper (to taste)

1 teaspoon Fresh Tarragon, chopped

2 1/2 cups Vegetable Stock

1/2 cup Half and Half

Preparation

1. Coat salmon with one half of the olive oil, salt and pepper. Bake or grill salmon until salmon is opaque and flakes when separated with a fork.
2. Add remainder of olive oil to large pot over medium heat. Add garlic, sauté for about 3 minutes. Add leeks and sauté until tender. Add broth, still in chopped potatoes. Season with salt, pepper and tarragon. Bring to boil, reduce heat, cover, and simmer 20 minutes.
3. Stir in flaked salmon; stir in half & half.
4. Serve with Artisan Bread (regular or gluten free)