

Cosy Fish and Sweetcorn Chowder

A creamy, chunky chowder with white fish, potato and sweetcorn, served with a warm wholemeal roll.

PREP TIME	COOK TIME	SERVES
40 minutes	45 minutes	100 (portion about 250 ml)

Suitable for: Gluten-free with swap, Dairy-free with swap, Not vegetarian

Ingredients and shop codes

150 ml Rapeseed oil
203699 Country Range Rapeseed Oil (4x5L)

2.5 kg Onions, finely diced
810596 Fresh White Onions (1x1kg) or 101991 Greens Diced Onions, frozen (4x2.5kg)

3 kg Carrots, diced 1 cm
810548 Fresh Carrots (1x1kg)

10 kg Potatoes, peeled and diced 1.5 cm
810540 Elveden Fresh British Potatoes (1x25kg)

600 g Butter
001056 Meadow Churn Unsalted Butter (40x250g) or 001055 Salted

600 g Plain flour
203838 Country Range Plain Flour (6x1.5kg)

10 litres Whole milk
000109 Whole Milk (4x2L)

10 litres Vegetable stock, low salt, celery-free
200326 Maggi Vegetable Bouillon, Gluten Free (2x2kg)

4 kg Frozen sweetcorn
101372 Country Range Sweetcorn, frozen (4x2.5kg)

8 kg White fish fillets, skinless and boneless (pollock, haddock or cod), diced 2.5 cm
106488 Atlantic Frozen Cod Fillets (25x140-170g)

10 g Ground black pepper
203616 Country Range Ground Black Pepper (4x500g)

100 g Fresh parsley, chopped (optional)
Closest: 203651 Country Range Dried Parsley (4x120g)

Shop notes

- **Plain flour:** Gluten-free option: 200127 Doves GF Plain White Flour.
- **Vegetable stock:** Check the label for celery and salt level.
- **White fish fillets:** Check the spec is skinless and boneless.

Method

1. Soften the onions and carrots in the oil for 8 minutes. Add the butter, melt, then stir in the flour and cook for 2 minutes.
2. Gradually add the stock and milk, stirring constantly to avoid lumps. Add the potatoes and simmer for 15 to 20 minutes until almost tender.
3. Add the sweetcorn and cook for 5 minutes.
4. Gently add the fish. Simmer (do not boil hard) for 5 to 6 minutes until opaque and flaking, core temperature 75°C or above. Add the pepper.
5. Check carefully for bones when serving and have staff lightly stir so the fish does not break up too much.
6. **Hot hold** at 63°C or above for up to 2 hours. Fish dishes benefit from being cooked close to service. To chill, **cool within 90 minutes** to below 8°C and **reheat once** to 75°C core.

Chef's tips

- **Portion:** around 250 ml with a roll. Younger children may like a smaller serving in a cup.
- **Plating:** serve in bowls or beakers with a roll for dunking; a sprinkle of parsley and a pinch of sweetcorn on top makes it cheerful.
- **Getting children to try it:** mild white fish in a creamy sauce is a gentle introduction to fish. Call it "creamy fish soup" or "pirate's chowder" to make it fun.
- **Reducing waste:** cook potatoes in the soup rather than separately, and use fish trim in the mix.
- **Including oily fish (once every three weeks):** in your oily fish week, replace the white fish with the same weight (8 kg) of skinless, pin-boned salmon fillet for a salmon and sweetcorn chowder. Other oily fish ideas for different weeks include a mackerel and tomato pasta bake, or tinned sardine or mackerel on toast at a teatime or breakfast club. Check your own menu cycle to place it correctly.
- **Swaps:** Gluten-free: replace the flour with 300 g cornflour, and serve with a gluten-free roll. Dairy-free: use dairy-free spread and a fortified plant drink, and thicken with cornflour (check for soya and gluten).

Scaling

For 30 portions: multiply by 0.3 (2.4 kg fish, 7.5 litres liquid)

Nutrition note

about 1.5 portions of vegetables per serving, plus protein from the fish.

Allergens

Contains: Fish, Cereals containing gluten, Milk. **Check the label (varies by brand):** Celery, Sulphites, Soya. No tree nuts or peanuts in this recipe (nut-free menu).

Nut-free menu: no nuts or peanuts in any recipe. Check labels on every batch for allergens, gluten-free and vegetarian status. Menus should be checked against the school's own policies and local authority guidance. Product codes are shopping suggestions; prices and stock show on shop.brookstreetfoods.co.uk once you are signed in.