

Smoked Eel Chowder

Ingredients:

- 3 oz. of bacon, diced
- 1 small onion, finely chopped
- 1 tsp dried dill or 1 Tbl chopped fresh dill
- 1 bay leaf
- Black pepper to taste
- 1/8 tsp cayenne pepper
- 2 stalks celery, diced
- 1 1/2 to 2 cups finely chopped peeled turnips or small cauliflower florets
- 1 1/2 cups chicken broth
- 16 oz. of smoked eel, chopped small
- 1 14 oz. can full fat coconut milk



Preparation:

1. Cook the bacon in a large saucepan until the fat is released, about 10 minutes.
2. Add onion, dill, bay leaf, pepper and cayenne and cook until the bacon is barely crispy, about 10 more minutes.
3. Add the celery, turnips or cauliflower and chicken broth and simmer until the vegetables are almost tender, about 5-7 minutes.
4. Add the eel pieces and the juices and simmer a few more minutes to heat through.
5. Stir in the coconut milk. Bring to a slow boil, then simmer for a few minutes. Remove the bay leaf.