

Walleye Chowder

by Joe VanAlstine, LTBB of Odawak

INGREDIENTS*

- 5 slices bacon, cooked and cut into small pieces
- ½ cup **celery**, chopped
- 1 large yellow **onion**, chopped
- 3 Tablespoons **vegetable oil**
- ¼ cup **all-purpose flour**
- 1 (32 oz.) carton **1% milk** OR 3 - 12 oz. cans **evaporated skimmed milk**
- 2 cups cubed red **potatoes** (2 large or 4 medium potatoes), leave the skin on
- 2 (8 oz.) **walleye filets**, thawed and cut into chunks
- Freshly ground salt and pepper to taste
- 2 Tablespoons chopped fresh parsley OR green onion, optional but delicious



Source: LTBB Odawak FDPIR and Community Health programs

*Ingredients in **bold** are available through the Tribal FDPIR program in your community.

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INSTRUCTIONS

1. Wash your hands before preparing food.
2. Prepare the bacon, celery, onion, potatoes and walleye.
3. Heat the vegetable oil in a large cast iron pan over medium-high heat. Add the chopped celery and onions, sauté until softened.
4. Sprinkle flour into cooked vegetables and stir until flour is well coated with oil and there are no large clumps of flour. Slowly whisk in the milk. Turn heat to low.
5. Add the cubed potatoes and bacon pieces and stir gently. Reduce heat and simmer for 30 minutes, or until potatoes are cooked through. Stir often to prevent sticking.
6. Add fish chunks, cover and cook for an additional 6-8 minutes, or until fish is cooked through.
7. Season to taste with salt and pepper. Garnish with parsley or green onions and serve.

NOTES AND IDEAS:

- The walleye chunks may be placed on top of the potatoes; cover the pan with a glass lid to see when fish is done, then mix it in.
- Per Joe, “I personally like to add a cup of traditional hominy or scorched corn”.

