



Bowdoin College
Poor John's Hake Chowder
(serves 8 as main course)

2 T.	Butter
2	Onions, medium, chopped
2 lb.	Maine Potatoes, peeled and chopped
5 c.	Strong Fish Stock
2	Dried Bay Leaves
2 lb.	Maine Hake or Haddock, cut in large chunks
1 ½ c.	Half & Half
½ t.	Salt
½ t.	White Pepper
Dash	Parsley, chopped

1. Saute onions in butter or margarine over medium heat until softened.
2. Add potatoes, bay leaves and fish stock. Simmer until potatoes are tender.
3. Add fish, simmer 5 minutes.
4. Add milk, salt and pepper and heat gently to 160 degrees.
5. Remove bay leaves and garnish with parsley before serving..