



Raymond's BBQ GOURMET

Selected Recipes

Persian Smoked Fish Chowder

Despite the long list of ingredients, this is a truly simple, inexpensive soup with an exotic flavour (make a double lot as it tastes even better the day after). You can use fresh fish, and by adding mussels, scallops and prawns it can become a whole meal.

Ingredients:

- 400g smoked fish
- 1400 ml fish or vegetable stock
- 1 chopped onion
- 3 sticks chopped celery
- 1 chopped leek
- 1 clove garlic, chopped
- 2 Tablespoons finely chopped parsley
- 1 Tablespoon tomato paste
- 1 Tablespoon Persian Rub
- Zest of an orange, finely chopped
- 1 Tablespoon flour
- 1 large potato, diced
- ½ cup cream

Fry onions, celery, leek, and garlic with Persian Rub. Add potatoes, fish (broken into small pieces) tomato paste, & orange zest. Fry for a minute or two. Sift flour over and stir to amalgamate, add stock, parsley and potato.

Cook until potato is really soft (30 minutes). Add cream, warm through & serve. You can whiz this soup to mush it all up or eat it chunky.

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Not just recipes, but master the tools, techniques and tastes and you'll be grilling a three-course gourmet meal on your BBQ in just five 3 hour lessons or in an intense weekend course.

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