

What's Cooking?

More Seafood Please

By Jan Napier

When my favourite out-of-town friend, Sarah Hayward, comes “home” to visit the itinerary always includes a very happy reunion with all of her beloved local seafood dishes. So much seafood, so little time. A few tins of lobster tucked in the freezer and we’re ready to whip up some lobster rolls. Deep fried whole clams with a splash of lemon juice are always high on the agenda. A bowl of chowder at Peggy’s Cove is a classic summer holiday treat if you can avoid the bus tour crowds. For the best delicate breaded version of fish and chips you can’t beat Phil’s Seafood. And there are great battered fish and chips all over metro. Then there’s succulent Digby scallops quickly sautéed or breaded and deep fried, and freshly boiled lobster (cooked without the elastics!) served with warm butter. But topping the latest list of choice seafood treats is the oh-so-good and yes it’s decadent lobster poutine at Cut the Grill. How many times I have eaten it, I dare not say, but an out-of-town guest is always an excuse for another round.

If you have company coming, fish chowder is a fabulous make-ahead Maritime meal and it tastes even better the day after it’s made. Buttermilk biscuits, crispy on the outside and tender on the inside, are quickly put together and the perfect accompaniment. Enjoy catching up with your guests with your catch of the day preparation out of the way.

Fish Chowder

1 ½ cups haddock, cut into bite sized pieces
2 slices bacon, diced
½ cup butter
½ cup onion, chopped
½ cup celery, chopped
1 leek, white portion finely chopped
1 sprig thyme
3 Tbsp flour
4 cups chicken stock
2 cups potatoes, peeled and diced



Sarah Hayward is ready to enjoy some Nova Scotia delicacies. Photo: Jan Napier.

½ cup diced carrots
1 cup light cream
½ cup milk
2 Tbsp chopped fresh parsley

Fry bacon in saucepan. Remove with slotted spoon and reserve. Melt butter in saucepan and then add onion, celery and leek. Saute until softened on medium heat. Add flour and stir for one minute on low heat. Gradually add stock while stirring. Add potatoes, carrots and thyme and cook over moderate heat until potatoes are tender, about 10 minutes. Add raw fish and

continue cooking for another three minutes. Add reserved bacon, cream and milk. (Can be refrigerated at this point up to a day ahead.) Heat very gently; IT MUST NOT BOIL, or the cream will separate and liquid will become thin. Taste and add kosher salt as necessary. Sprinkle with parsley and pass the pepper mill.

Buttermilk Biscuits

3 cups flour
2 Tbsp sugar
4 tsp baking powder
1 tsp salt
1 tsp baking soda
¾ (1 ½ sticks) chilled unsalted butter
1 cup plus two tablespoons buttermilk, cold

Preheat oven to 425°F. Whisk together first five ingredients. Cut butter into small pieces and using clean hands combine with the dry mixture. Stir in buttermilk mixing just until all of the mixture is moistened. Divide into 12 and place mounds of dough onto baking sheet. Bake until golden brown, about 15 minutes. Serve warm.

Sarah Hayward returns this summer to perform her one woman show, “Stripes: The Mystery Circus”, at the Chester Playhouse. Visit www.chesterplayhouse.ca for more details.



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