KIKKOMAN

Mussels and salmon chowder

Total time **45 mins** **25 mins** preparation time **20 mins** cooking time

Nutritional facts (per portion):
3,498 kJ / 836 kcal

Fat: **52 g** Protein: **46 g**
Carbohydrates: **46 g**

INGREDIENTS

2 portion(s)

500 g	fresh mussels
500 ml	water
150 g	salmon fillet
50 g	smoked bacon
10 g	butter
80 g	leek, sliced into half-moons
40 g	celery, chopped
70 g	carrots, diced
40 g	fennel, diced
100 g	sweetcorn, removed from the cob
2	garlic cloves, chopped
2	bay leaves
2 tsp	fresh thyme
150 ml	whipping cream
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
	A few drops of lemon juice
2 pinch	of black pepper
Croutons:	
10 g	butter
1	small garlic clove, chopped
4 slices	of baguette
To serve:	
2 tbsp	chopped parsley

PREPARATION

Step 1

500 g fresh mussels - **500 ml** water - **150 g** salmon fillet
Clean the mussels thoroughly under running water. Place them in a large pot, cover with water, and cook with the lid on for 7 minutes until the shells open. Drain the mussels, reserving 400 ml of the cooking liquid. Set aside 6 mussels in their shells for decoration. Shell the remaining mussels and place them in a bowl. Remove the skin from the salmon and cut it into cubes.

Step 2

50 g smoked bacon - **10 g** butter - **80 g** leek, sliced into half-moons - **40 g** celery, chopped - **70 g** carrots, diced - **40 g** fennel, diced - **100 g** sweetcorn, removed from the cob - **2** garlic cloves, chopped - **2** bay leaves - **2 tsp** fresh thyme - **150 ml** whipping cream - **3 tbsp** Kikkoman Naturally Brewed Less Salt Soy Sauce - A few drops of lemon juice - **2 pinch** of black pepper
Put the bacon in a saucepan over a low heat until the fat melts, then transfer to a plate. Add the butter, leek, celery, carrots, fennel, sweetcorn, garlic and herbs, and briefly fry while stirring. Add the reserved liquid from cooking the mussels, cream, Kikkoman Less Salt Soy Sauce and lemon juice, season with the pepper and simmer for 16 minutes. Remove the bay leaves, purée half the stock and return it to the saucepan. Add the mussels and salmon, and cook for a further 4 minutes.

Step 3

10 g butter - **1** small garlic clove, chopped - **4**

slices of baguette - **2 tbsp** chopped parsley
Melt the butter in a pan and add the chopped garlic. Place the baguette slices in the pan and fry until golden on both sides. Crumble the bacon from Step 2, add it to the chowder and mix. Pour the chowder into a bowl, garnish with the set-aside mussels in their shells, sprinkle with the parsley and serve with the croutons.