



Lobster Chowder



This is a rich chowder packed with plenty of lobster. It can be served in small cups for a very special first course or in larger bowls as the centerpiece of an informal supper. The sour cream adds an unexpected and delicious tartness.

1 $\frac{3}{5}$ cups potatoes, peeled, diced & cooked (400 mL)	$\frac{1}{4}$ tsp black pepper (1 mL)
2 tbsp butter (25 mL)	$\frac{3}{4}$ cup sour cream (175 mL)
1 $\frac{1}{2}$ cups onions, peeled & minced finely (375 mL)	1 $\frac{1}{2}$ cup whipping cream (375 mL)
2 tbsp dried thyme leaves (25 mL)	1 cup milk (250 mL)
1 $\frac{1}{2}$ tsp celery salt (7 mL)	2 cups lobster meat, cooked & chopped, plus juices* (500 mL)

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In a large saucepan over medium heat sauté **onions** in **butter** until soft and transparent, do not over cook. Stir in the **thyme, celery salt** and **pepper**, and then the **cooked potatoes**. In a bowl, blend the **sour cream, whipping cream, milk** and the **lobster meat and juice**. Add to **potato mixture** and stir gently. Heat through but do not boil. **Makes 6 servings.**

* An 11.3 oz (312 mL) tin of **frozen lobster meat** may be substituted.

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This recipe is courtesy of novascotia.com and Taste of Nova Scotia. Visit novascotia.com to plan your Nova Scotia getaway.