



Salmon Corn Chowder

Traditional thick and creamy corn chowder featuring Pacific Northwest salmon.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of La Conner Public Schools

Preparation Time: 30 minutes

Cook Time: 1 hour

NSLP/SBP crediting information:

1 cup (8 oz ladle) provides 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/4 cup other vegetable, 2 1/4 oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Fish, salmon, Sockeye, skin on, pin bones removed, fillets, raw, frozen	8 lb 7 oz		16 lb 14 oz		<ol style="list-style-type: none"> 1. Line full-size sheet pans with parchment paper. Place fillets skin-side down on sheet pans and place sheet pans in cooler to thaw overnight. 2. Preheat oven to 400 °F. 3. Remove thawed salmon fillets from cooler. 4. Transfer sheet pans with salmon to preheated oven and roast at 400 °F for 10-15 minutes until internal temperature of each fillet reaches 145 °F. Critical Control Point: Cook salmon until internal temperature of each fillet reaches 145 °F for at least 15 seconds. 5. Remove salmon from oven. When the salmon has

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					<p>cooled enough to handle, use a spatula to carefully remove the skin by sliding spatula between the skin and body of the fish. Transfer skinless salmon to a full-size 4" hotel pan (12" x 20" x 4") and break apart fillets into bite-size pieces.</p> <p>Critical Control Point: Chill in hotel pans with no more than 2" depth of food. Cool to 70 °F within 2 hours and 40 °F or lower within 4 hours.</p>
Oil, olive, salad or cooking		6 fl oz		12 fl oz	6. Heat a large stock pot or rondeau on medium-high heat. Add oil to hot pan.
*Onions, white, diced	2 lb 6 oz		4 lb 12 oz		7. Add onions, celery, and carrots and stir to combine. Sautée vegetables until vegetables are soft and cooked through, about 10 minutes. Do not brown vegetables.
*Celery, trimmed, diced	3 lb		6 lb		
*Carrots, peeled and diced	2 lb 11 oz		5 lb 6 oz		
Dill weed, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	8. With flat blade of knife, crush dill seed against cutting board to release fragrance. Crush dried dill weed between fingers. Add dill seed and weed to sautéing vegetables toward the end of the cooking process.
Dill seed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chicken broth, reduced sodium	12 lb 1 oz	1 gal 1 qt 3 cups	24 lb 2 oz	2 gal 3 qt 2 cups	9. Measure 3 cups of chicken broth and set aside. Add remaining broth to vegetable mixture and bring to a boil.
Corn starch	4 ½ oz		9 oz		10. Whisk cornstarch into reserved broth until the mixture is smooth and free of lumps. It should resemble heavy cream.
					11. After the broth and vegetables come to a boil, slowly add cornstarch mixture. Boil for 1 minute more.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Potatoes, yellow, peeled and ¾" dice	2 lb 1 oz		4 lb 2 oz		12. Reduce heat to simmer. Add potatoes and cook until potatoes are tender, about 15 minutes.
Corn, whole kernel, frozen	1 lb 13 oz		3 lb 10 oz		13. Add corn and stir.
Evaporated milk, 2% fat		1 qt ¾ cup		2 qt 1 ½ cup	14. Add evaporated milk, cooked and chilled salmon from step 5, salt, and pepper. Stir and return internal temperature to 135 °F. Critical Control Point: Hold for hot service at 135 °F or higher through service.
Salt, kosher		2 tsp		1 Tbsp 1 tsp	15. Serve 1 cup (8 oz ladle).
Pepper, ground		1 Tbsp		2 Tbsp	



**SALMON CORN CHOWDER
NUTRITION INFORMATION**

For 1 cup (8 oz)

NUTRIENTS	AMOUNT
Calories	228
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Total Fat	8 g
Saturated Fat	1 g
Cholesterol	42 mg
Sodium	444 mg
Total Carbohydrates	17 g
Dietary Fiber Total	2 g
Sugars	5 g
Added Sugars included	0 g
Protein	23 g
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Vitamin A	1,253 mcg RAE
Vitamin C	8 mg
Vitamin D	497 IU
Calcium	102 mg
Iron	1 mg
Potassium	707 mg

N/A=data not available.

***MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Onion, mature, fresh	2 lb 12 oz	5 lb 8 oz
Celery, fresh, trimmed	3 lb 10 oz	7 lb 4 oz
Potatoes, fresh, whole	2 lb 9 oz	5 lb 2 oz
Carrots, fresh, without tops	3 lb 4 oz	6 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

In-house yield for Sockeye salmon is 1 lb raw, skin-on, pin-bones removed = 9/10 lb cooked salmon, skin removed. Yield may differ depending on salmon species used. Performing in-house yield is recommended.

Cooking Process #3: Complex

YIELD/VOLUME

50 Servings	100 Servings
About 3 gal 2 cups	About 6 gal 1 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

