Haddock and Chickpea Chowder

3 main-meal bowls, each with about 600 ml chowder and 30 g whole-wheat bread · Active 25 min · Total 1 hr 5 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

- 10 1/2 oz raw boneless skinless haddock, cut in 3 cm/1 1/4-inch chunks (300 g)
- About 1 1/2 cups canned chickpeas, well drained (240 g edible)
- 2 medium potatoes, scrubbed and cut in 1.5 cm/5/8-inch cubes (270 g raw, skin on)
- 1 small onion, finely diced (90 g)
- 1 large celery stalk, finely sliced (60 g)
- 2 teaspoons olive oil (10 ml/about 9 g)
- Scant 2 cups 2% milk (450 ml/about 463.5 g)
- Scant 2 cups drinking water (450 ml)
- About 1 1/2 tablespoons finely chopped parsley (6 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/8 teaspoon black pepper (0.3 g)
- 3 slices whole-wheat bread (90 g total), for serving

Set out

3-litre/3-quart saucepan with lid, Wooden spoon, Sieve, Knife and separate raw-fish board, Kitchen scale, Food thermometer, Ladle, 3 large bowls, at least 750 ml capacity

Allergens

Fish, Milk, Wheat; check bread for additional allergens. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium-low heat. Soften onion and celery for 6–7 minutes, stirring. Add potato, water, salt and pepper. Bring to a simmer, cover partly and cook for 12–15 minutes until the largest potato cubes are tender.

2. Crush a few potato cubes against the side of the pan with the spoon, leaving most whole. Stir in drained chickpeas and milk. Heat gently for 4–5 minutes until steaming with small bubbles, stirring along the base to prevent catching.

3. Add cold raw haddock chunks and stir once gently. Clean raw-fish equipment and wash hands. Keep the soup at a very gentle simmer for about 6–8 minutes, depending on thickness, until the thickest fish pieces reach 145°F/63°C, turn opaque and separate readily. Avoid a hard boil.

4. Stir in parsley. Divide fish, chickpeas and potato evenly among 3 large bowls and ladle over the remaining broth. Serve each with 30 g of the measured bread.

A useful kitchen skill

Cook firm vegetables until tender before adding delicate fish, then portion the solids first so each bowl receives a fair share of the measured ingredients.

A useful detail

The 65-minute total allows chopping and water heating as well as the gentle fish finish. Yield is roughly 1.8 litres/7 1/2 cups soup, varying with evaporation; divide the whole batch into three equal portions rather than relying on ladle size.

Keep it well

Refrigerate promptly in shallow containers at 40°F/4°C or below within 2 hours, or 1 hour above 90°F/32°C. Use within 2 days. Reheat only the needed soup portion to 165°F/74°C throughout, stirring gently so the milk base heats evenly. Do not repeatedly warm and cool the whole batch. Store bread separately.