

Transport your taste buds to the sunny shores of Bermuda with this authentic Bermudian Fish Chowder recipe! This hearty and flavourful dish features fresh fish, aromatic spices, and a splash of rum and sherry pepper sauce for the island's signature kick. Perfect as a warming meal or a nod to Bermuda's culinary heritage, this recipe is straightforward and packed with tradition.

## INGREDIENTS

500g fresh white fish fillets (e.g., snapper, cod, or rockfish)  
2 tbsp vegetable oil  
2 medium onions, finely chopped  
2 stalks celery, finely chopped  
2 medium carrots, finely diced  
3 cloves garlic, minced  
1 large potato, peeled and diced  
1 tin (400g) diced tomatoes  
1 tbsp tomato paste  
1 tsp ground allspice  
1/2 tsp smoked paprika  
1 bay leaf  
1 litre fish stock or water  
1 tbsp Worcestershire sauce  
1 tbsp dark rum  
2 tsp sherry pepper sauce (or your favourite hot sauce)  
1 tsp salt (adjust to taste)  
1/2 tsp black pepper  
Juice of 1 lemon  
Fresh parsley, chopped, for garnish



## Authentic Fish Chowder



4-6 servings



Approximately 1 hour 10 minutes

### Instructions

#### Step 1: Prepare the Fish

1. Rinse the fish fillets and pat dry. Cut them into large chunks and set aside.

#### Step 2: Build the Base

1. Heat the vegetable oil in a large pot over medium heat. Add the onions, celery, and carrots, and sauté for 5-7 minutes until softened.
2. Stir in the garlic and cook for another minute until fragrant.

#### Step 3: Add the Flavours

1. Add the diced tomatoes, tomato paste, allspice, smoked paprika, and bay leaf. Cook for 3 minutes, stirring well to combine.

#### Step 4: Simmer the Chowder

1. Pour in the fish stock (or water) and bring the mixture to a boil. Reduce the heat to low, cover, and let it simmer for 20 minutes.

2. Add the diced potato and continue to simmer for another 15 minutes until the potato is tender.

#### Step 5: Add the Fish

1. Gently add the fish chunks to the pot, ensuring they are submerged in the broth. Simmer for 8–10 minutes until the fish is cooked through and flakes easily.

#### Step 6: Finish with Bermudian Flair

1. Stir in the Worcestershire sauce, dark rum, and sherry pepper sauce. Season with salt, black pepper, and a squeeze of fresh lemon juice.

#### Step 7: Serve and Garnish

1. Ladle the chowder into bowls, garnish with fresh parsley, and serve hot. Pair it with crusty bread or traditional Bermuda Johnny Cakes for an authentic experience.



### CHEF WILL'S TIPS:

- Authenticity matters: Use local white fish if available for the true fresh taste.
- Spice it up: Adjust the sherry pepper sauce to your preferred heat level.
- Enhance the stock: Add fish bones or heads to the simmering liquid for extra depth of flavour.
- Can also be served with Onion Bread!
- Chef William Smith Local
-  [www.willsmithkitchen.com](http://www.willsmithkitchen.com)
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