

**BAHAMIAN SPICY SEAFOOD CHOWDER available LUNCH & DINNER at
THE SUN HOUSE RESTAURANT & BAR**

Serves 4-6 persons

2 oz tuna
2 oz grouper
2 oz salmon
4 oz red skin potatoes – diced - remove the skin
2 oz yellow onion - diced
2 oz celery - diced
5 sprigs fresh basil
1 teaspoon dry basil
1 jalapino pepper without seeds or ribs
1 tbsp. chola hot sauce
1 teaspoon cayenne pepper
one 16 oz or two 8 oz cans diced tomatoes

Place in a large saucepan onions, celery and potatoes – sauté until the onions are translucent approx. 4-5 mins.

Add tomatoes and spices and 1 cup of water – bring to a boil reduce to simmer then add the fish – simmer for one hour and stir every 5-10 minutes

1 tbsp. of sautéed garlic may be added if desired