

# POUR LA **SOUPE** DU MONDE



Recipe from Chef Kyle Rice (Musqueam Nation) of Salmon n' Bannock Bistro

Inspired by *Pour la suite du monde* (1963)



## *Pour la soupe du monde*

Chef Kyle Rice's Traditional West Coast Salmon Soup

### *Ingredients*

6 litres water

16 oz diced wild salmon

4 carrots (peeled & diced)

10 celery stalks (diced)

2 white onions (diced)

1 tsp garlic (minced)

½ cup white wine

½ cup lemon juice

2 potatoes (peeled & diced)

HERB SACHET

2 tbsp dried thyme

1 tsp red pepper flakes

2 tbsp dill (fresh or dried)

### *Method*

- 1 In 6 litres of water, blanch the salmon until oils and fats are rendered out.
- 2 Remove salmon and strain liquid through a fine strainer. Reserve liquid for broth. Discard solids.
- 3 In a separate pot, simmer the mirepoix (carrots, celery & onions) with garlic, wine and lemon juice and reduce. Add salmon broth, herb sachet and salmon; let simmer for 45 minutes.
- 4 Add potatoes and continue to cook until potatoes are done (not mushy).
- 5 Serve with warm bannock.