



## Walleye Soup



*Original concept from Laura and Tom Maulson, Lac du Flambeau*

Prep Time: 30 minutes • Cook Time: 1 hour • Total Time: 1 hour 30 minutes

Serving Size: 1 cup • Yield: 7



### Ingredients

1 tablespoon	<b>sunflower seed oil</b>
3 clove	garlic, minced
2 ribs	celery, diced (about 1 cup)
3 medium	carrots, diced (about 1 ¼ cup)
1 medium	red bell pepper, diced
2 quarts	low sodium chicken stock
1 tablespoon	dried <b>sweet fern, ground</b>
1 teaspoon	<b>salt</b>
½ teaspoon	black pepper, ground
1 ½ pound	skinless, boneless <b>walleye</b> fillet, ½-inch cubes
1 quart	“cream” of celery soup (see page 46)
¼ cup	wild rice slurry (see page 43), if needed

## Directions

1. In a medium stock pot, heat oil over medium high heat.
2. Add garlic and sauté for 2 minutes. Add the remaining vegetables and sauté until vegetables begin to soften, about 10 minutes
3. Pour in stock, sweet fern, salt, and pepper. Bring to a boil, reduce to a simmer and continue to cook until vegetables are soft, about 25 minutes.
4. Add fish and continue to simmer until fish is opaque and cooked through, about 10 minutes.
5. Take off heat and vigorously whisk in “cream” soup, a little at a time until combined. If soup is not thickened to your taste add in the wild rice slurry.
6. Serve hot.

## Chef Notes

-  Can be thickened more by adding a can of evaporated milk.
-  Remember: Lukewarm soup is a perfect breeding ground for germs. So if you are not going to be able to use all the soup within 2 hours, either keep it above 139°F for up to 4 hours or cool it to less than 41°F within 2 hours and refrigerate or freeze it. See pages 25 to 28 for more details on how to freeze and thaw foods safely.

STORAGE			
	Pantry	Refrigerator	Freezer <sup>^</sup>
Duration	None	3 to 4 days	2 to 3 months

<sup>^</sup>Indicates the amount of time food can be frozen before a noticeable decrease in quality occurs.

## Walleye Soup

Nutrition Facts		Amount/Serving	% Daily Value*
Serv. Size 1 cup (625.8g)		<b>Total Fat</b> 4.5g	<b>7%</b>
Servings 7		Sat. Fat 0.5g	3%
Calories 200		Trans Fat 0g	
Fat Cal. 40		<b>Cholest.</b> 85mg	<b>28%</b>
* Percent Daily Values are based on a 2,000 calorie diet.		<b>Sodium</b> 800mg	<b>33%</b>
Calories per gram:		<b>Potassium</b> 730mg	<b>21%</b>
Fat 9 • Carbohydrate 4 • Protein 4		<b>Total Carb.</b> 13g	<b>4%</b>
		Fiber 3g	11%
		Sugars 4g	
		<b>Protein</b> 26g	<b>52%</b>
		Vitamin A	80%
		Vitamin C	40%
		Calcium	15%
		Iron	10%
		Vitamin D	0%