**Lake Trout Chowder**

2 pounds Lake Trout, cut in bite size pieces

¼ pound bacon

1 very large onion, chopped

5 red potatoes, cubed

1 sweet potato (orange or white)

4 cups fish stock\*\*

1 ½ teaspoons salt

1 teaspoon Thyme

1 teaspoon Savory

½ teaspoon black pepper

Sauté bacon is cast iron pot. Remove and set aside. Add onion and cook until almost translucent. Add potatoes, stock, salt, thyme, savory, and pepper. Cover and simmer for 2 hours. Add chopped bacon to soup or as a garnish (optional).

Fish stock options:

1. 4 cups water with ½ cup Asian Fish Sauce
2. Rinse fish bones (I like Halibut) well with cold water. Place bones in large pot; add remaining ingredients and 6 cups cold water. Bring almost to boil over high heat (do not boil). Reduce heat to low and barely simmer uncovered, skimming any foam that rises to surface, for 60 minutes.
3. 4 bottles clam juice with 2 cups water

spiced