

In the Bahamas, each island has its own character, reflected in its own favorite style of light and spicy fish chowder. In Nassau, like the bustling city itself, the fish chowder is a melting pot of the best flavors of the Bahamas.

***1-1/2 pounds boneless grouper,
halibut or cod fillet
lime juice
4 slices bacon, chopped***

***1 medium onion, chopped
2 ribs celery, chopped
1 bell pepper, chopped
2 medium potatoes, peeled and
diced
28 ounces canned tomatoes in
juice
4 cups hot water or fish stock
1/2 tsp. salt
1/2 tsp. thyme
1/4 tsp. cayenne pepper
1 bay leaf***

Dice fish in 1/2-inch cubes and marinate in lime juice for 1 hour. In a large stew-pot over medium heat, fry bacon 'til light brown. Add onion, celery and bell pepper and cook, stirring, 'til vegetables are tender. Add fish and remaining ingredients. Return to a boil. Reduce heat and simmer for 1 hour, stirring occasionally. Season with hot sauce and/or lime juice. Serve with hot Bahamas bread. •