



creamy
Clam Chowder

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Serves 4

Ingredients

- 1 cup (250 g) onion, chopped
- 2 cloves garlic, chopped
- 1 tbsp. (15 ml) clarified butter
- 1 cup (250 g) celery, chopped
- 1 tsp. (5 g) dried thyme
- ¼ cup (63 g) unbleached white flour
- 1 cup (250 ml) water
- 2 cups (500 ml) clam juice
- 2 cups (500 g) fresh Paysanne tomatoes, chopped
- 2 lbs (908 g) fresh clams or 1 can with shucked clams and clam juice
- 1 ½ cup (375 ml) white wine
- 1 tsp. (5 ml) Worcestershire sauce
- ¼ cup (63 g) ground pepper
- 1 ½ cup (375 g) potatoes, peeled and diced
- 1 tsp. (5 g) ginger, minced

Method

1. Put the onions, garlic, ginger and clarified butter (or extra virgin olive oil) into a heavy pot, sauté on low heat for 2 minutes.
2. Add the celery and thyme. Cook for 3 minutes, stirring occasionally.
3. Sprinkle flour on top of the vegetables. Pour the water and clam juice in slowly and use a whisk to break up any large clumps of flour.
4. Add the potatoes and then turn up heat to medium/high until mixture comes to a boil. Boil for 10 minutes before turning down heat.
5. Add the Paysanne tomatoes. Simmer and cover for 20 minutes or until the potatoes are cooked completely.
6. Put clams and wine in a large lidded pot and steam until the shellfish open up. Reserve the wine and clam juice. Discard any unopened shellfish.
7. Take the shellfish out of the pot and reserve a few for garnish. Add the clam meat and cooking liquid to the soup and cook for another 5 minutes.
8. Season with Worcestershire sauce, salt and pepper.

Nutritional Facts per serving (517 g): Calories 280

Fat 4.5 g (7%), Saturated Fat 2.5 g + Trans Fat 0 g (13%), Cholesterol 35 mg, Sodium 340 mg (14%), Carbohydrate 31 g (10%), Fiber 3 g (12%), Sugars 6 g, Protein 13 g, Vit A (20%), Vit C (45%), Calcium (8%), Iron (80%).

% = % Daily Value