

New England Clam Chowder

A chowder is a thick soup; the main ingredients are milk and potatoes, to which other flavors are added. This is a classic version from New England, flavored with fresh clams.

Serves 4

INGREDIENTS

2 lb. live clams
4 slices bacon, chopped
25 g/1 oz/2 tbsp. butter
1 onion, chopped
1 tbsp. chopped fresh thyme

1 large potato, diced
1 bay leaf
1¼ cups milk
1⅔ cup heavy cream
1 tbsp. chopped fresh parsley

salt and pepper
reserve 8 clams in their shells, to
garnish (see Cook's Tip)

1 Scrub the clams and put into a large saucepan with a splash of water. Cook over a high heat for 3–4 minutes until all the clams have opened. Discard any that remain closed. Strain the clams, reserving the cooking liquid. Set aside until cool enough to handle.

2 Remove the clams from their shells, roughly chop if large, and set aside.

3 In a clean saucepan, fry the bacon until browned and

crisp. Drain on paper towels. Add the butter to the same pan and when it has melted, add the onion. Cook for 4–5 minutes until softened but not colored. Add the thyme and cook briefly before adding the diced potato, reserved clam cooking liquid, milk and bay leaf. Bring to a boil and simmer for 10 minutes until the potato is tender but not falling apart.

4 Transfer to a food processor and blend until smooth or push through a sieve into a bowl.

5 Add the reserved clams, bacon and the cream. Simmer an additional 2–3 minutes until heated through. Season to taste. Stir in the chopped parsley and serve.

COOK'S TIP



For a smart presentation, reserve 8 clams in their shells. Sit 2 on top of each bowl of soup to serve.

