

# SEAFOOD CHOWDER

F MEDIUM

Last Modified: 12/06/2016

PREP: 1 Hr  
COOK: 1 Hr  
STOVETOP

SOUP-CHOWDER

**MAKES 5 SERVINGS**

QUA	MEASURE	INGREDIENT	PROCESS
6	Large	Sea Scallops	Quartered
OR			
1	Pound	Bay Scallops	Whole
12	Oz	Monkfish	
OR			
12	Oz	ANY Firm Fleshed Fish (Flounder, Cod, Roughy, Etc.)	
12	Oz	Crab Pieces	Shelled
1	Pound	Medium Shrimp (41 / 50 Count)	Raw
1	Dozen	Little Neck Clams	Chopped
4	Slices	Thin Sliced Bacon	1/4" Lardons
1	Tbsp	Unsalted Butter	
1	Large	Yellow Onion	Chopped
1	Tbsp	Garlic	Minced
1	Large	Leek (Whites ONLY)	Sliced
1	Medium	Colored Bell Pepper (Seeded)	Diced
1	Stalk	Celery	Diced
12	Ears	Fresh Sweet Corn (Peaches & Cream)	Stripped
OR			
1	Pound	Frozen Shoepeg Corn	Thawed
3	Cups	Starchy Potatoes (Idaho Or Russet)	1/2" Chop
1	14 1/2 Oz	Can Creamed Corn	
4	Tbsp	All Purpose Flour	
3	Cups	Half & Half	
1	Pint	Heavy Cream	
1	14 1/2 Oz	Can Chicken Stock (Swanson)	
	All	Clam Steaming Water	
3	Sprigs	Fresh Thyme	
OR			
1	Tsp	Dried Thyme Leaves	
1/2	Tsp	Ground White Pepper	
1 +/-	Pinches	Kosher Salt	To Taste
1/4	Cup	Fresh Italian Parsley Leaves	Chopped

## PREPARATION

<b>FACTOID</b>	Fresh Clams and not canned are the way to go here. Discard any Clams that have cracked shells, are already open or smell bad. Rinse each Clam well under cold running water while scrubbing with a clean, stiff bristled brush.
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# SEAFOOD CHOWDER

<b>TOOLS</b>	1) Small Mixing Bowl 2) Large Saucepan & Lid 3) Stock Pot & Lid
<b>PREP</b>	<b>DISH</b> 1) Cut the Bacon into 1/4" Lardons and set it aside. 2) Mince the Garlic Cloves and set them aside. 3) Chop the Yellow Onion and add it on top of the Garlic. 4) Dice the Celery and add it on top of the Garlic. 5) Dice the Bell Peppers and add them on top of the Garlic. 5) Slice the Leeks whites and set them aside. 7) Chop the Potatoes (peeled or not) and set them aside in cold water. 8) Strip the Kernels from the Sweet Corn and set aside the Kernels and Cobs. 9) Chop the Clams as outlined in Step #2. 10) Chop the Parsley Leaves and set them aside.
<b>1</b>	<b>STEAMING:</b> In a stock pot large enough to hold all of the Clams, add 2 1/2 cups of cold water. Over high heat, add in the Clams, cover and steam until they open (stirring with long Tongs every once in a while). Pick each of the Clams out as soon as you see that they are fully open and set them aside to cool. Reserving the Clam Juice in the bottom of the steaming pot. <b>NOTE:</b> Any Clams that did not open may be steamed for a few minutes longer (some are stubborn about opening). Discard all Clams that did not open.
<b>2</b>	Pull open the Clam Shells and remove the Meat using your fingers, rinse each piece of Meat under cold running water to get rid of as much sand, etc. as possible and place the rinsed Meat on a cutting board. Chop the Meat as coarse or fine as desired.
<b>3</b>	Clean and wash the ears of Sweet Corn. Stand the uncooked Corn Cobs on end with the Stalk end down and using a sharp Chef's Knife, slice off the Kernels as close to the Cob as possible (without cutting off any of the Cob itself. Remove any pieces of Cob from the Kernels as you go. Reserve the Corn Kernels.
<b>4</b>	In a Stock Pot over medium high heat, saute the Bacon until it's as crisp as you like it. Reduce the heat to medium, add in the Butter, Onions, Garlic, Bell Pepper and Celery and Saute until the Onions are transparent, do not allow them to brown. Add in the Leeks and stir to mix.
<b>5</b>	Sprinkle the Flour over the top of the Onion Mixture and saute while stirring to make a Roux (thick paste) - cook for at least 3 minutes to get rid of the Flour taste. Add in the Chicken Stock and reserved Clam steaming juice to deglaze the pot, bring it to a boil while stirring and scraping and reduce the heat to low and simmer for 10 minutes.
<b>6</b>	Meanwhile, in a saucepan over medium heat, boil the Potatoes until fork tender, drain and set them aside to cool. It is NOT necessary to rinse because the residual Starch will help to thicken the Soup.
<b>7</b>	Add in the Half & Half, Heavy Cream, Parsley, White Pepper and Thyme and simmer for 15 minutes. You may optionally add in an additional 50/50 Flour & water mixture for more thickening if desired, but make certain it is cooked for at least 3 minutes longer.
<b>8</b>	Add into the pot in order and slow simmer each for 2 minutes before adding in the next ingredient, the Potatoes, Monkfish, Scallops, Shrimp, Crab and Clams. DO NOT ALLOW THE CHOWDER TO COME ANYWHERE REMOTELY CLOSE TO A BOIL AS IT WILL TOUGHEN THE SEAFOOD.
<b>SERVE</b>	Ladle the hot Chowder into warm bowls or crocks, sprinkle with a little chopped Parsley and serve with Crusty Bread.