

RHODE ISLAND CLAM CHOWDER (CLEAR)

F EASY

Last Modified: 09/21/1996

PREP: 1 Hr
COOK: 1 Hr
STOVETOP

SOUP-CHOWDER

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4	Dozen	Little Neck Clams (Preferred)	Steamed
OR			
4	13 Oz	Cans Clams (Bar Harbour) Save Juice)	Chopped
AND (ONLY If Using Canned Clams)			
4	Cups	Bottled Clam Juice (Bar Harbour)	
1	Pound	Thick Sliced Bacon	1/4" Lardons
2	Tsp	Worcestershire Sauce (Lea & Perrins)	
2	Tsp	Unsalted Butter	
4	Cups	Yellow Onion	Chopped
2	Tbsp	Garlic	Minced
4	Tbsp	All Purpose Flour	
1	Tsp	Dried Thyme Leaves	
1	Whole	Bay Leaf	
1	Tsp	Ground White Pepper	
4	Pounds	Waxy Potatoes (Yukon Gold/Red)	1/2" Cubes
1/4	Cup	Fresh Italian Parsley Leaves	Chopped

PREPARATION

FACTOID	Rhode Islands abundance of Portuguese settlers "altered" the traditional East Coast New England Clam Chowder to fit their tastes. They eliminated the Dairy and a few have even added Tomatoes, mimicking the style behind Manhattan Clam Chowder. Enjoying it brings the "I'm home" feeling of pulling into Block Island after a long, hard day at sea, scented with salt spray, and sliding into a clean bunk to sleep after a delicious hot meal.
FACTOID	Fresh Clams and not canned are the way to go here (Canned is still GOOD). 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.
OPTION	Some people like the flavoring additives of very finely diced Carrots and Celery in their Chowder - Add them early into Step #5 and cook long enough for them to soften.
TOOLS	1) Large Stainless Steel Skillet 2) Large Saucepan & Lid 3) Large Stock Pot & Lid
PREP	DISH 1) Cut the cold Bacon into 1/4" Lardons and set them aside. 2) Mince the Garlic Cloves and set them aside. 3) Chop the Yellow Onion and add them on top of the Garlic. 4) Peel the Potatoes, cut into 1/2" cubes and cover with water in the saucepan. 5) Chop the Parsley Leaves and set them aside.

RHODE ISLAND CLAM CHOWDER (CLEAR)

1	<p>STEAMING: 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.</p> <p>NOTE: 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.</p>
2	<p>CLAMS: 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.</p>
3	<p>CLAM JUICE: Place a hot water dampened coffee filter in a fine wire strainer and pour the Clam steaming juice through it to remove any sand & crud that fell out of the Clams as they opened. Return 5 cups of the Clam steaming juice in the stock pot at a simmer.</p>
4	<p>POTATOES: Meanwhile, peel the Potatoes (or not) - dice them into 1/2 inch to 3/4 inch cubes. In a large saucepan over medium high heat, add in enough cold water to cover the Potato cubes. Bring the Potatoes to a boil and cook them until they are fork tender. Drain and set them aside while covered to keep warm.</p>
5	<p>MIREPOIX: Meanwhile, in a skillet over medium low heat, saute the Butter, Bacon, Onions and Garlic until the Bacon is done and the Onions are transparent, do not allow the mixture to brown. Drain the canned Clams, dice them if it's not already done and set them aside, reserving all of the juice.</p>
6	<p>ROUX: Stir the Flour into the Mirepoix and cook for 3 minutes. Add in the reserved Clam juice, Thyme and Bay Leaf and bring it to a boil. Reduce the heat low and simmer it for 10 minutes. You may optionally add in additional Flour & Water mixture for more thickening if desired (cook for 3 minutes more after adding). Stir the Mirepoix into the simmering stock pot and simmer it for 20 minutes.</p>
7	<p>CHOWDER: Add the Clams, Potatoes and White Pepper - heat just to serving temperature. DO NOT ALLOW IT TO BOIL as this quickly toughens the Clams.</p>
SERVE	<p>Ladle the Soup into warm bowls (search for and discard the Bay Leaf) and sprinkle the top with Fresh Parsley - serve immediately. This does NOT re-heat well as the Clams will turn into chewy rubber.</p>