



Stretewise - The Village Magazine - Recipes

Clam Chowder

The ingredients:

1kg fresh clams, scrubbed

500ml whole milk

150ml double cream

2 x medium, waxy potatoes, peeled

2 x sticks celery, chopped

1 x small onion or banana shallot,

finely chopped

200g thick unsmoked streaky bacon or pancetta, cut into small dice squares

1 x leek, halved lengthways, finely chopped and cleaned

250g cod fillet or white fish, skinned and cut into 2cm pieces

1 x bay leaf

1 x tsp salt

30g plain flour

Black pepper Ground nutmeg

Handful of parsley or chives

6 x Sourdough bread rolls (12 cm diameter)

Method:

Cut the tops off the rolls and scoop out the dough, leaving the crust. Heat 250ml of water in a large shallow pan and add the clams. Put a lid on the pan and allow the clams to steam for 3–4 minutes until they open. Then pour into a sieve with a bowl underneath to catch and reserve the cooking liquid. When cool enough to handle, remove the meat from their shells and discard the shells. Cut the potatoes into cubes 1.5cm and boil them for 5–10 minutes until tender, then drain and set aside. Meanwhile, heat a medium pan over a medium heat and fry the bacon, shallot, leek and celery until soft. Add the plain flour and cook for a minute or so, then add the reserved clam cooking liquor and stir until thickened. Add the milk, cream, bay leaf, potatoes and white fish, then bring to the boil. Turn the heat down and simmer for about 10 minutes until the white fish is cooked, add the clam meat, season with salt, pepper and nutmeg. Ladle the chowder into the hollowed-out sourdough rolls or serve in bowls. Garnish the chowder with chopped parsley.

