

NEW ENGLAND CLAM CHOWDER

Yield: 4 small bowls

Ingredients:

- 1 **potato**, peeled and cut into ½-inch cubes
- 1 ½ cups **chicken or vegetable stock** (Or Bouillon mixed w/ 1 ½ cup water)
- ½ cup **medium onion**, finely diced
- 1 **celery stalk**, cut long ways then slice into ¼-inch pieces
- 2 tablespoons **unsalted butter**
- 2 Tbsp **all-purpose flour**
- 1 can **chopped clams in juice**
- 1 **bay leaf**
- ¼ tsp **thyme**, fresh or dried
- ½ cup **heavy cream or whole milk**
- Salt and black pepper**, to taste



Day 1 Instructions:

1. WASH, PEEL and CUBE the **potato**. PLACE potato cubes in 1 ½ cups of **chicken/vegetable stock**, and boil potatoes about 10-15 minutes until tender and easily pierced with a fork. Do not drain. LET COOL before pouring broth and potatoes in a bowl or container. WRAP, LABEL, and REFRIGERATE.
2. RINSE and finely CHOP **onion** and **celery**. COOK in a sauté pan with 2 Tbsp of **butter**. PLACE in a small glass bowl. COVER, LABEL, and REFRIGERATE.

Day 2 Instructions:

1. In a stock pot, HEAT **celery** and **onion** for 3 minutes.
2. SPRINKLE the celery and onion with the **flour**.
3. ADD the **potatoes/stock**, **juice from can of chopped clams** (save the clams for later), **bay leaf**, and **thyme**, and STIR to combine.
4. BRING to a boil, then REDUCE the heat to medium-low and COOK 5 minutes, stirring often.
5. Then ADD **clams**, **cream**, and season to taste with **salt and pepper**. COOK until clams are just firm, another 2 minutes.
6. LADLE chowder into bowls, SERVE, and ENJOY!