

## OUR FAVORITE

# Chowder Recipes



## Fat Tuesdays Famous Cajun Clam Chowder

By Teresa A Reaves

- 2 tablespoons olive oil
- 1 large Spanish onion, chopped (medium dice)
- 2 carrots, diced
- 2 ribs celery, diced
- 1 red bell pepper, cored and finely diced
- 1 yellow bell pepper, cored and finely diced
- 1 green bell pepper, cored and finely diced
- 3 cloves finely chopped garlic
- 1 cup cream sherry
- 2 cups chopped clams, fresh or canned (reserve juice from clams if using canned)
- 3 cups clam juice (use all bottled clam juice or clam juice drained from canned clams plus bottled juice)
- 3 cups chicken stock or broth
- 2 tablespoons clam paste (or use clam base or a fish bouillon cube)
- 2 tablespoons chicken base
- 1/3 cup chopped fresh parsley
- 1/3 cup fresh chopped chives
- 4 ounces bacon, finely diced, cooked until brown, drained lightly
- 1 1/2 teaspoon white pepper
- 1 tablespoon Cajun seasoning (Paul Prudhomme brand or other blend. .we use our own blend)
- 1 teaspoon cayenne pepper
- 1 teaspoon freshly chopped basil
- 1 tablespoon dried oregano
- 1 tablespoon lemon pepper
- 1 teaspoon salt
- 2 cups diced canned tomatoes (un-drained)

*Continued . . . .*



## OUR FAVORITE

# Chowder Recipes



- 2 3/4 cups tomato puree OR 1 can (12 oz) tomato paste
- 1 quart water
- 1 quart whipping cream
- 1 quart milk
- 2 cooked baked potatoes, peeled and diced
- 1/4 cup cornstarch, MIXED WITH
- 1/2 cup water (until smooth)

### Directions:

Heat olive oil in large sauté pan. Add onion, carrots, celery, bell peppers and garlic; sauté until tender, about 5 minutes. Add sherry and cook over medium heat until liquid is reduced by two-thirds. Add clams, clam juice, stock, clam paste and chicken base, bacon, seasonings, tomatoes, puree and water.

Bring to low boil and cook, uncovered, for 1 hour. While stirring, add cream, milk and potatoes. Reduce to simmer. Gradually thicken with cornstarch and water mixture. Consistency should be thick enough to coat back of spoon. Cook until heated through. Taste and adjust spices if needed.

