

Foodnity Recipes

Creamy New England Clam Chowder

20 min Prep time	**30 min** Cook time	**50 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

The Base

- [ ] 4 slices bacon, diced
- [ ] 1 medium onion, chopped
- [ ] 1 stalk celery, diced
- [ ] 1 carrot, peeled and diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tablespoons butter

The Body

- [ ] 2 cups potatoes, peeled and diced (about 2 medium)
- [ ] 1/4 cup all-purpose flour
- [ ] 4 cups chicken or clam broth
- [ ] 1 (6.5 oz) jar canned clams, liquid reserved

The Creamy Finish

- [ ] 1 cup whole milk
- [ ] 1/2 cup heavy cream
- [ ] 2 tablespoons fresh parsley, chopped
- [ ] 1 teaspoon dried thyme
- [ ] 1 bay leaf
- [ ] Salt and black pepper to taste

Instructions

1. Start by getting your large pot over medium heat. Toss in those 4 slices bacon, diced, and let them render down until they're just perfectly crispy, which usually takes about 5–7 minutes. Now, carefully lift the bacon bits out with a slotted spoon and set them aside, but leave those wonderful drippings right there in the pot.

2. In those savory drippings, go ahead and saut-e your 1 medium onion, chopped, 1 stalk celery, diced, 1 carrot, peeled and diced, and 2 cloves garlic, minced. Just keep them moving until the vegetables soften and the onion gets that lovely translucent look, about 5 minutes.

3. Stir in your 2 cups potatoes, peeled and diced (about 2 medium), then sprinkle in the 1/4 cup all-purpose flour. Honestly, just whisk it constantly here to coat everything and form a light roux; cook it for about 1 minute just to get rid of that raw flour taste.

4. Slowly pour in the 4 cups chicken or clam broth, whisking as you go so you don't get any lumps. Bring it to a gentle simmer and tuck in the 1 bay leaf, 1 teaspoon dried thyme, and that reserved clam liquid. Let it all simmer together for about 15 minutes, or until the potatoes feel tender.

5. First, find and discard that bay leaf. Turn your heat down to low—this is important—then stir in the 1 cup whole milk, 1/2 cup heavy cream, and the reserved clams with their juices. Just warm it through, but please keep the soup below 200°F so the cream doesn't curdle. Oops, we don't want that!

6. Now is the time to season with salt and black pepper to taste. Fold in those crispy bacon bits you saved and the 2 tablespoons fresh parsley, chopped.

7. Using your ladle, gently spoon the chowder into bowls. Try to be soft with it to keep the soup airy and avoid over–mixing the clams.

8. Well, look, if the soup feels a bit too thick for your liking, just add a tiny splash of broth or milk until it's just right.

9. Finish it off with a bit more parsley or a drizzle of extra–virgin olive oil if you're feeling fancy, and serve it immediately with some crusty bread or oyster crackers.

Nutrition per serving

420 kcal	18 g	22 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the heat low after adding dairy to prevent separation.
- The reserved clam juice is a lifesaver for adjusting thickness at the end.
- Maintaining a temperature below 200°F is the secret to a smooth, velvety cream base.