



BC Seafood Chowder

READY IN



60 min.

SERVINGS



12

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon smoked cut into 1/2-inch lardons
- ☐ 3 bay leaves
- ☐ 1 stick plus 3 tablespoons butter
- ☐ 1 tablespoon butter
- ☐ 1 cup diced carrots
- ☐ 1 cup diced celery
- ☐ 2 pounds clams fresh
- ☐ 1 teaspoon coriander seeds
- ☐ 1.5 cups cooking wine dry white I use sauvignon blanc

- ☐ 1 cup diced fennel
- ☐ 1 teaspoon fennel seeds
- ☐ 0.5 cup flour all-purpose
- ☐ 4 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 6 sprigs thyme leaves fresh plus more if desired
- ☐ 2 cloves garlic finely chopped
- ☐ 4 cloves garlic sliced
- ☐ 12 servings green onions finely sliced for garnish
- ☐ 2 pounds mussels fresh
- ☐ 12 servings salt
- ☐ 2 shallots diced finely
- ☐ 4 small shallots sliced
- ☐ 1 teaspoon peppercorns white
- ☐ 0.5 cup white wine
- ☐ 4 cups milk whole cold

Equipment

- ☐ frying pan
- ☐ pot
- ☐ wooden spoon
- ☐ stove

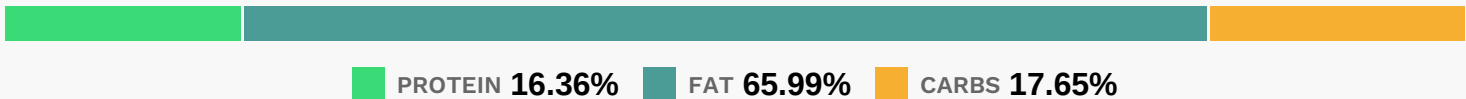
Directions

- ☐ For the stock: Sweat the coriander, fennel seeds, peppercorns, garlic and shallots in the butter in a heavy-bottomed pot (this will help control the heat so you don't burn the ingredients). When the shallots are translucent, add the clams, white wine, thyme and bay leaves. Cover the pot to steam the clams, and as they begin to open, add the mussels. Simmer gently, covered, to open the mussels and remaining clams, about 3 minutes.
- ☐ When all the shells are open, strain off the liquid and reserve, setting aside the shellfish to cool slightly until you can handle them. Shuck the meat out of all the shells, refrigerate and

reserve for the sauce. Discard the vegetables and herbs.

- ☐ For the sauce: Cook the bacon in the same pot over medium heat to render the fat. This will help to make the roux later. When the bacon begins to brown, add 3 tablespoons of the butter, the garlic and shallots. Continue to sweat over medium heat until the shallots are translucent.
- ☐ Add the white wine and reduce until it's almost dry (au sec).
- ☐ Add the reserved shellfish stock and reduce by half.
- ☐ Remove from the heat and set aside on the stove.
- ☐ Melt the remaining 1 stick butter in a separate small pot or deep saute pan to its bubbling point and stir in the flour very well with a wooden spoon, incorporating it while removing clumps. Cook 3 to 5 minutes over medium heat while stirring regularly.
- ☐ Add the roux to the bacon pan, and replace over medium heat.
- ☐ Add the cold milk to the hot roux while stirring constantly. Bring to a boil, then reduce to a simmer. You will have to monitor it carefully and stir frequently so the flour doesn't stick to the bottom (if it does, don't panic! You can remove the sauce, clean the bottom of the pot and put it back in... phew!) Simmer 10 minutes, then add the carrots, celery and fennel, and continue cooking until the raw flour taste has been cooked out and the vegetables are tender (they will add texture to the finished chowder), 10 minutes longer.
- ☐ Add the reserved mussels and clams. I use trim from the other fish I cook every day. Simmer 1 minute to heat through and add the parsley. Season with salt and serve immediately. Enjoy!

Nutrition Facts



Properties

Glycemic Index:54.82, Glycemic Load:6.47, Inflammation Score:-9, Nutrition Score:23.078695255777%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg, Apigenin: 3.13mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.15mg

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 400.57kcal (20.03%), Fat: 27.38g (42.13%), Saturated Fat: 12.2g (76.25%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 14.73g (5.36%), Sugar: 6.08g (6.76%), Cholesterol: 71.66mg (23.89%), Sodium: 681.8mg (29.64%), Alcohol: 4.13g (100%), Alcohol %: 1.91% (100%), Protein: 15.27g (30.55%), Vitamin B12: 6.55µg (109.24%), Manganese: 1.53mg (76.45%), Vitamin A: 2533.71IU (50.67%), Selenium: 32.32µg (46.17%), Vitamin K: 43.94µg (41.85%), Phosphorus: 269.89mg (26.99%), Vitamin B1: 0.28mg (18.74%), Vitamin B2: 0.29mg (16.87%), Iron: 2.8mg (15.54%), Calcium: 151.15mg (15.12%), Potassium: 506.84mg (14.48%), Vitamin B3: 2.87mg (14.36%), Vitamin B6: 0.27mg (13.62%), Vitamin C: 10.18mg (12.34%), Zinc: 1.7mg (11.32%), Folate: 44.2µg (11.05%), Magnesium: 42.62mg (10.65%), Vitamin B5: 0.89mg (8.85%), Fiber: 1.75g (7%), Vitamin D: 1.05µg (6.97%), Vitamin E: 0.93mg (6.17%), Copper: 0.11mg (5.6%)