

ESSENTIAL TECHNIQUES
AND RECIPES
FROM A LIFETIME
OF COOKING

Chowders

READY IN



45 min.

SERVINGS



4

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 1 Tbs butter
- ☐ 0.8 cup round buttery crackers fresh white crumbled
- ☐ 6 cups chicken stock see (milk, chicken stock, fish stock, clam juices, or a combination)
- ☐ 1 pound onion sliced
- ☐ 4 servings pepper white freshly ground
- ☐ 0.7 cup salt pork diced

Equipment

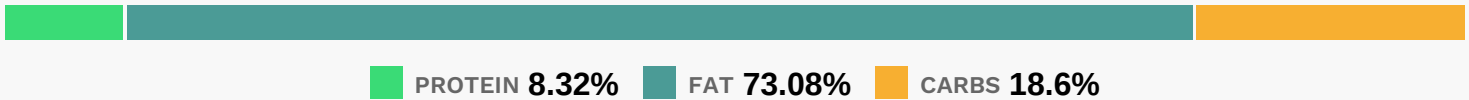
- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Sauté the pork or bacon bits slowly with the butter in a large saucepan for 5 minutes, or until pieces begin to brown. Stir in the onions and bay leaf; cover, and cook slowly 8 to 10 minutes, until the onions are tender.
- ☐ Drain off fat and blend crackers or bread crumbs into onions.
- ☐ Pour in the liquid; add the potatoes and simmer, loosely covered, for 20 minutes or so, until the potatoes are tender. Season to taste with salt and white pepper, and the soup base is ready.
- ☐ For about 2 1/2 quarts, serving 6 to
- ☐ Scrub and soak 24 medium-size hard-shell clams. Steam them for 3 to 4 minutes in a large tightly covered saucepan with 1 cup water, until most have opened.
- ☐ Remove the opened clams; cover, and steam the rest another minute or so. Discard any unopened clams. Pluck meat from the shells, then decant steaming-liquid very carefully, so all sand remains in the saucepan; include the clam-steaming liquid as part of the chowder base. Meanwhile, mince the clam meats in a food processor or chop by hand. Fold them into the finished chowder base. Just before serving, heat to below the simmer--so the clams won't overcook and toughen. Fold in a little heavy cream or sour cream if you wish; thin with milk if necessary, correct seasoning, and serve.
- ☐ To prepare clams: Scrub one at a time under running water, discarding any that are cracked, damaged, or not tightly closed. Soak 30 minutes in a basin of salted water (1/3 cup salt per 4 quarts water). Lift out, and if more than a few grains of sand remain in the basin, repeat. Refrigerate, covered by a damp towel. It's wise to use them within a day or two.
- ☐ Prepare the chowder base using fish stock, and/or light chicken stock, and milk.
- ☐ Cut into 2-inch chunks 2 to 2 1/2 pounds of skinless, boneless lean fish, such as cod, haddock, halibut, monkfish, or sea bass, all one kind or a mixture.
- ☐ Add to the finished chowder base and simmer 2 to 3 minutes, just until fish is opaque and springy. Correct seasoning, and top each serving, if you wish, with a spoonful of sour cream.
- ☐ Prepare the chowder base using 6 cups of light chicken stock and milk. Stir 3 cups or so of grated fresh corn into the finished base, adding, if you wish, 2 green and/or red peppers chopped fine and sautéed briefly in butter. Bring to the simmer for 2 to 3 minutes; correct seasoning, and top each serving, if you wish, with a spoonful of sour cream.

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- From the Hardcover edition. Excerpted from Julia's Kitchen Wisdom by Julia Child Copyright (c) 2000 by Julia Child. Julia Child was born in Pasadena, California. She graduated from Smith College and worked for the OSS during WWII; afterwards she lived in Paris, studied at the Cordon Bleu, and taught cooking with Simone Beck and Louisette Bartholle, with whom she wrote the first volume of Mastering the Art of French Cooking (1961). In 1963 Boston's WGBH launched "The French Chef" television series, which made Julia Child a national celebrity, earning her the Peabody Award in 1965 and an Emmy in 1966; subsequent public television shows were "Julia Child & Company" (1978), "Julia Child & More Company" (1980)--both of which were accompanied by cookbooks--and "Dinner at Julia's" (1983), followed by "Cooking with Master Chefs" (1993), "In Julia's Kitchen with Master Chefs" (1995), and her collaboration with Jacques Pépin, "Julia and Jacques Cooking at Home" (1999). The 40th anniversary edition of Mastering the Art of French Cooking, Volume 1 was published in 2001. Alex Prud'homme is Julia's grandnephew. A freelance writer, his journalism has appeared in The New York Times, The New Yorker, Vanity Fair, Time, and People. He is the author of The Cell Game and the co-author (with Michael Cherkasky) of Forewarned. He lives in Brooklyn, New York.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:2.34, Inflammation Score:-6, Nutrition Score:12.04869556427%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg, Quercetin: 23.02mg

Nutrients (% of daily need)

Calories: 685.63kcal (34.28%), Fat: 55.58g (85.51%), Saturated Fat: 20.3g (126.89%), Carbohydrates: 31.84g (10.61%), Net Carbohydrates: 29.12g (10.59%), Sugar: 11.41g (12.68%), Cholesterol: 67.17mg (22.39%), Sodium: 2162.43mg (94.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.23g (28.47%), Vitamin B3: 7.29mg (36.46%), Vitamin B2: 0.4mg (23.81%), Vitamin B1: 0.35mg (23.36%), Vitamin B6: 0.41mg (20.52%), Phosphorus:

194.66mg (19.47%), Selenium: 12.39µg (17.7%), Potassium: 596.79mg (17.05%), Copper: 0.3mg (14.96%),
Manganese: 0.3mg (14.9%), Folate: 48.56µg (12.14%), Vitamin C: 9.54mg (11.57%), Iron: 2.04mg (11.36%), Fiber: 2.72g
(10.87%), Zinc: 1.3mg (8.68%), Magnesium: 33.74mg (8.44%), Vitamin K: 7.05µg (6.71%), Calcium: 63.97mg (6.4%),
Vitamin E: 0.61mg (4.04%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.17µg (2.84%), Vitamin A: 103.33IU (2.07%)