



David Rosengarten

Classic Manhattan Clam Chowder



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound bacon cut into quarter-inch dice
- ☐ 28 ounce canned tomatoes drained coarsely chopped canned
- ☐ 1 carrots cut into quarter-inch dice
- ☐ 1 celery stalks cut into quarter-inch dice
- ☐ 6 servings bottled clam juice (if necessary)
- ☐ 48 clams
- ☐ 2 teaspoons thyme sprigs fresh
- ☐ 1 large onion peeled cut into quarter-inch dice

- ☐ 2 medium baking potatoes peeled cut into half-inch cubes

Equipment

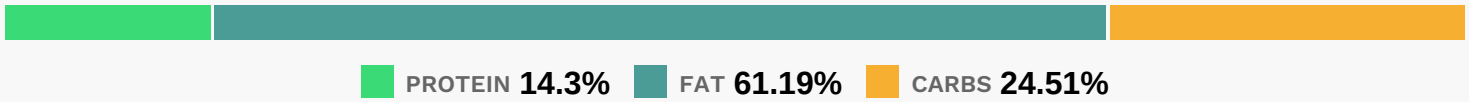
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ colander

Directions

- ☐ Wash the clams well under cold running water in colander.
- ☐ Place clams in a large pot, and add enough water to cover clams by 2 inches. Cover the pan and place over high heat.
- ☐ When the water comes to a boil, give the pan a good shake. Turn the heat to low, and cook clams another 30 seconds or so.
- ☐ Remove from the heat, and take out all the clams that have opened, using a slotted spoon. If any clams remain closed, put back on the heat, with the lid on the pan, and cook another 1-2 minutes.
- ☐ Remove remaining clams, reserve, discard any clams that have not opened.
- ☐ Pour the clam juice through a fine strainer and set aside. You will need 6 cups of broth. If you have more than enough clam broth, reduce it to 6 cups. If you have too little clam brother, add some bottled clam juice or water to make 6 cups total.
- ☐ Put the bacon into a large, heavy saucepan and cook over moderate heat, stirring, until the bacon begins to brown.
- ☐ Pour off excess fat, leaving behind the bacon and about 3 tablespoons of fat in the pan.
- ☐ Add the onion, celery, and carrot to the pan and cook until soft, about 10 minutes.
- ☐ Add potatoes, and cook mixture for 10 minutes more.
- ☐ Add tomatoes and reserved clam juice to the pan. Bring chowder to a boil over high heat.

- ☐ While chowder is coming to a boil, remove clams from their shells and chop coarsely.
- ☐ Add to chowder and reduce heat to low.
- ☐ Add thyme leaves. Cook over low heat for another 5 minutes; check to make sure potatoes are soft and chowder is well seasoned.
- ☐ Remove and allow to sit for 5 minutes.
- ☐ Serve in warm bowls.
- ☐ From The Dean & DeLuca Cookbook by David Rosengarten with Joel Dean and Giorgio DeLuca. Copyright © 199
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:50.1, Glycemic Load:13.84, Inflammation Score:-9, Nutrition Score:19.013913092406%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 443.54kcal (22.18%), Fat: 30.66g (47.17%), Saturated Fat: 10.17g (63.57%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 23.39g (8.5%), Sugar: 7.85g (8.72%), Cholesterol: 54.94mg (18.31%), Sodium: 700.28mg (30.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.12g (32.23%), Vitamin A: 2098.62IU (41.97%), Vitamin B12: 2.28µg (37.94%), Vitamin B6: 0.69mg (34.68%), Selenium: 21.56µg (30.79%), Vitamin B3: 5.6mg (27.98%), Potassium: 916.83mg (26.2%), Vitamin B1: 0.39mg (25.83%), Vitamin C: 19.81mg (24.01%), Phosphorus: 235.3mg (23.53%), Manganese: 0.44mg (21.77%), Copper: 0.37mg (18.72%), Iron: 3.11mg (17.3%), Fiber: 4.25g (17.02%), Magnesium: 59.96mg (14.99%), Vitamin E: 2.18mg (14.5%), Vitamin B5: 1.09mg (10.9%), Zinc: 1.62mg (10.81%), Vitamin B2: 0.18mg (10.38%), Vitamin K: 9.96µg (9.49%), Folate: 35.28µg (8.82%), Calcium: 76.69mg (7.67%), Vitamin D: 0.3µg (2.02%)