

DINNER

Cobia with New Smyrna Clam Chowder

18 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
21700 min	40 min	21660 min	6	\$7.25	1,308 kcal



Cobia with New Smyrna Clam Chowder might be a good recipe to expand your main course recipe box. This recipe serves 6. One portion of this dish contains approximately 47g of protein, 108g of fat, and a total of 1308 calories.

Ingredients

- ☐ ¼ cup canola oil

☐ ½ cup coarse salt

☐ 6 servings Coarse salt and freshly ground black pepper

☐ 1 bottle dry white wine

☐ 4 cups fish fumet (fish stock)

☐ 3 fresh bay leaves

☐ 3 tablespoons chopped fresh flat-leaf parsley
- ☐ 5 pounds live clams

☐ 6 servings Coarse salt

☐ 4 corn cobs, kernels scraped, seasoned with salt and pepper and pan-roasted

☐ 1 teaspoon ground fennel seed

☐ 36 ounce cobia fish

☐ 4 fresh bay leaves

☐ 3 sprigs fresh thyme

☐ 6 sprigs fresh thyme

☐ ¼ teaspoon ground nutmeg

☐ 1 teaspoon ground lavender

☐ ½ teaspoon meat cure, such as InstaCure number 1

☐ 1 pound pork back fat

☐ ¼ teaspoon crushed red chile flakes

☐ 2 shallots, sliced

☐ 4 tablespoons unsalted butter

☐ 5 cloves garlic, smashed

☐ ½ teaspoon ground white pepper

☐ 1 cup shell beans, such as cranberry, shucked and blanched

☐ 2 tablespoons extra-virgin olive oil

☐ ½ cup potatoes, medium dice

☐ 6 servings Red chile flakes

☐ 3 tablespoons unsalted butter

☐ 3 whole garlic cloves, smashed

EQUIPMENT Bowl, Frying pan, Sauce pan, Ladle, Knife, Sieve, Plastic wrap, Aluminum foil

Method

- 1 Mix together the salt, fennel seed, lavender, meat cure, white pepper and nutmeg. Rub the mixture on all sides of the pork fat and place in a plastic, stainless steel or glass container. Cover with plastic wrap, and then foil, and put a heavy plate or lid on top to force out moisture. Refrigerate for 5 days to cure.
- 2 Remove the plastic wrap and foil, rinse, and pat dry.
- 3 Let air dry in a bowl for 10 days on a rack in the refrigerator.
- 4 Heat the olive oil in a heavy-bottomed saucepan over medium heat.
- 5 Add the garlic and shallots and saute until translucent.
- 6 Add the clams, chile flakes, bay leaves, thyme, some salt and the wine. Cover and steam until the clams open. Cool the cooked clams in the refrigerator; reserve the cooking liquid. Shell the clams and discard the shells.
- 7 Combine the fish fumet, reserved clam cooking liquid and corn cobs in a saucepan over medium heat and simmer for 30 minutes to create the chowder broth. Strain through a fine mesh strainer.
- 8 Ladle 4 cups of the broth into a saucepan with the shell beans, roasted corn kernels, potatoes, butter and some salt, black pepper and chile flakes. Cook until reduced and the broth slightly thickens, about 10 minutes.
- 9 Remove from the heat and stir in the parsley and 1 cup of the shelled, cooked clams.
- 10 Sprinkle the cobia with salt and black pepper.

- 11 Heat the canola oil in a pan until hot, and then sear the fish, top-side down. When the fish is cooked about halfway through, add the butter, thyme, bay leaves and garlic to the pan. As the butter melts, baste the fish using a large spoon until cooked through.
- 12 For assembly: Slice the lardo paper-thin with a sharp knife and lay the slices over the seared, hot cobia. The lardo will "melt" over the hot fish. Spoon the clam chowder into the bottom of 6 deep single-serving bowls and top with seared fish.

Nutrition per serving			
	1,308	47 g	108 g
	KCAL	PROTEIN	FAT
			16 g
			CARBS
Saturated Fat			40.8 g · 255% of daily needs
Fibre			2.6 g · 10% of daily needs
Sugar			3.1 g · 3% of daily needs
Sodium			10,568 mg · 459% of daily needs
Cholesterol			209 mg · 70% of daily needs
Vitamin C			13 mg · 16% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/cobia-with-new-smyrna-clam-chowder-143556