



## Manhattan Clam Chowder

READY IN



45 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons butter cold
- ☐ 3 tablespoons canola oil
- ☐ 0.3 cup celery diced ()
- ☐ 0.3 cup celery leaves green
- ☐ 4 servings celery leaves
- ☐ 4 servings confit cherry tomatoes
- ☐ 12 cherry tomatoes halved
- ☐ 0.3 cup chicken stock see
- ☐ 5.8 cups bottled clam juice

- ☐ 4 servings clams
- ☐ 0.3 cup flour
- ☐ 1 cup corn kernels fresh
- ☐ 2 heads garlic halved
- ☐ 4 servings juice of lemon
- ☐ 5 pounds littleneck clams
- ☐ 4 servings olive oil
- ☐ 1 bunch parsley
- ☐ 4 servings salt
- ☐ 2 tablespoons shallots diced ()
- ☐ 3 shallots sliced ()
- ☐ 3 sprigs thyme leaves
- ☐ 1 tomatoes quartered
- ☐ 0.3 cup tomato paste
- ☐ 1 cup white wine

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ grill
- ☐ immersion blender

## Directions

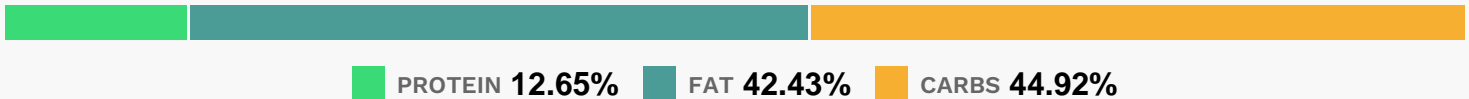
- ☐ Clam Chowder Sauce
- ☐ In a medium saucepan over high heat, reduce the clam juice to 2 cups. Thoroughly scrub and rinse the clams under cold running water. In a large pot, heat the oil over high heat.

- ☐ Add the shallots, celery, garlic, tomato, parsley, and tomato paste and stir constantly for 30 seconds.
- ☐ Add the clams and stir for 30 seconds.
- ☐ Add the wine, cover, and continue cooking over high heat until most of the clams have opened, 1 1/2 to 2 minutes.
- ☐ Transfer to a bowl and cool over an ice bath; discard any unopened clams. Reserve about 2 cups of cooking liquid.
- ☐ Remove all but 8 clams from the shells and cut away and discard the mantles, keeping only the bellies. In a medium saucepan, combine the reduced clam juice with the clam cooking liquid and bring to a simmer.
- ☐ Remove from the heat and stir in the butter until emulsified.
- ☐ Add the thyme sprigs, season with lemon juice to taste, and steep for 10 minutes.
- ☐ Remove and discard the thyme sprigs.
- ☐ Clam Ragout
- ☐ In a medium sauté pan, bring the chicken stock to a simmer over medium-low heat.
- ☐ Add the shallot and simmer until tender, about 2 minutes.
- ☐ Add the corn kernels and simmer until cooked, 1 1/2 to 2 minutes.
- ☐ Add the celery and cook until tender, 2 to 3 minutes.
- ☐ Add the clams, confit cherry tomatoes, and celery leaves. Continue simmering until the celery leaves have wilted and the cherry tomatoes and clams are warm.
- ☐ Add the halved cherry tomatoes and the butter. Swirl the pan to melt the butter into the ragout and season with salt to taste.
- ☐ To Finish
- ☐ Divide the clam chowder sauce among 4 bowls, reserving 1/4 cup for finishing. Divide the clam ragout among the bowls. Aerate the reserved clam chowder sauce with a hand blender and spoon the foam on top of each dish.
- ☐ Garnish with celery leaves and 2 clams in their shells and finish with olive oil.
- ☐ Reprinted with permission from I Love New York: Ingredients and Recipes by Daniel Humm and Will Guidara, © 2013 Ten Speed PressA native of Switzerland, Daniel Humm began his culinary training at a young age and went on to cook in many of the finest Swiss hotels and restaurants. Humm earned his first Michelin star at the age of twenty-four as the executive chef at Gasthaus zum Gupf in the Swiss Alps. In 2003, he moved to the United States and

became executive chef at San Francisco's Campton

Place, where he recieved four stars from the San Francisco Chronicle. Three years later he became executive chef of Eleven Madison Park.Hailing from Sleepy Hollow, New York, Will Guidara has been immersed in the restaurant industry since the age of thirteen. He is a graduate of the school of hotel administration at Cornell University and attended culinary school in the north of Spain. Guidara trained in the dining rooms of Tribeca Grill, Spago, and Tabla and opened the restaurants at the Museum of Modern Art before becoming general manager of Eleven Madion Park in 2006.Under Humm and Guidara's leadership, Eleven Madison Park recieved four stars from the New York Times, earned three Michelin Stars, and was given a coveted spot on the San Pellegrino list of the World's 50 Best Restaurants. The restaurant has also recieved six James Beard Awards, including Outstanding Chef and Outstanding Restaurant in America. In 2011, Humm and Guidara purchased Eleven Madison Park and, in early 2012, went on to open the food and beverage spaces at the NoMad Hotel. They are also the authors of Eleven Madison Park: The Cookbook.

## Nutrition Facts



## Properties

Glycemic Index:135, Glycemic Load:9.33, Inflammation Score:-10, Nutrition Score:39.23652176235%

## Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 31.36mg, Apigenin: 31.36mg, Apigenin: 31.36mg, Apigenin: 31.36mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 2.41mg, Myricetin: 2.41mg, Myricetin: 2.41mg, Myricetin: 2.41mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

## Nutrients (% of daily need)

Calories: 723.25kcal (36.16%), Fat: 33.08g (50.89%), Saturated Fat: 6.75g (42.19%), Carbohydrates: 78.82g (26.27%), Net Carbohydrates: 72.06g (26.2%), Sugar: 24.93g (27.7%), Cholesterol: 41.31mg (13.77%), Sodium: 1732.35mg (75.32%), Alcohol: 6.18g (100%), Alcohol %: 0.86% (100%), Protein: 22.18g (44.37%), Vitamin K: 267.45µg (254.71%), Vitamin B12: 9.84µg (163.96%), Vitamin C: 105.58mg (127.98%), Vitamin A: 3825.42IU (76.51%), Manganese: 1.02mg (51.11%), Selenium: 35.27µg (50.39%), Vitamin E: 7.2mg (48.03%), Potassium: 1473.34mg (42.1%), Vitamin B6: 0.8mg (40.2%), Phosphorus: 392.94mg (39.29%), Iron: 6.25mg (34.71%), Folate: 136.49µg

(34.12%), Fiber: 6.76g (27.03%), Magnesium: 103.54mg (25.89%), Copper: 0.51mg (25.56%), Vitamin B1: 0.37mg (24.43%), Vitamin B3: 4.67mg (23.35%), Calcium: 167.88mg (16.79%), Vitamin B2: 0.29mg (16.77%), Vitamin B5: 1.33mg (13.32%), Zinc: 1.93mg (12.84%)