

DINNER

New England Fish Chowd'a

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
70 min	30 min	40 min	12	\$3.29	427 kcal

New England Fish Chowd'a might be just the main course you are searching for. One serving contains 427 calories, 35g of protein, and 26g of fat. This recipe serves 12 and costs \$3.29 per serving. 1 person were impressed by this recipe. It is brought to you by Foodnetwork.

Ingredients

- ☐ 4 bay leaves, divided
- ☐ 2 ounces bottled clam juice
- ☐ 4 pounds fish fillets, such as flounder, cut in 1-inch pieces
- ☐ 2 tablespoons fresh thyme
- ☐ 2 cups heavy cream
- ☐ 1 onion, chopped
- ☐ 2 inch salt pork
- ☐ ½ cup unsalted butter
- ☐ 2 celery stalks, chopped
- ☐ 24 hard-shell clams, such as quahog
- ☐ 1/3 cup flour
- ☐ 2 garlic cloves
- ☐ 2 cups milk
- ☐ 2 cups potatoes, peeled and cubed
- ☐ ½ teaspoon sea salt
- ☐ 1 quart water

EQUIPMENT Pot, Cheesecloth

Method

- 1

Wash and scrub clams well to remove exterior sand then place in a large soup pot with boiling water.
- 2

Add garlic and 2 bay leaves. Cover and steam over medium heat for 5 to 10 minutes until the clams open. Discard any that do not open.

- 3 Remove clams from shells, roughly chop, and set aside. Strain the broth through cheesecloth as an added precaution to remove any grit.
- 4 Melt butter in the soup pot, saute potatoes, celery and onion for 5 minutes until soft and well coated.
- 5 Add salt pork, thyme, and remaining bay leaves. Make a roux by sprinkling in flour and stirring until dissolved.
- 6 Add the reserved clam broth, bring to a boil, stirring constantly to avoid lumps. Continue to simmer, stirring, for 15 minutes until thickened.
- 7 Add the chopped clams, bottled clam juice and sea salt.
- 8 Pour in the cream and milk, cover, and cook until heated through.
- 9 Add the fish fillets and continue to simmer another 5 minutes until the fish is opaque. Season with salt and pepper.
- 10 Serve with oyster crackers or crusty bread.

Nutrition per serving

	427 KCAL	35 g PROTEIN	26 g FAT	14 g CARBS
Saturated Fat				15.8 g · 99% of daily needs
Fibre				1.2 g · 5% of daily needs
Sugar				4 g · 4% of daily needs
Sodium				241 mg · 10% of daily needs
Cholesterol				147 mg · 49% of daily needs
Vitamin C				10.1 mg · 12% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/new-england-fish-chowda-142037