



 **100%**
HEALTH SCORE

New England-Style

 Very Healthy

READY IN



255 min.

SERVINGS



1

CALORIES



3347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon applewood bacon smoked diced
- 3 bay leaves
- 0.3 teaspoon pepper black freshly ground
- 1 serving pepper black freshly ground
- 1 teaspoon pepper black freshly ground plus more for seasoning
- 1 tablespoon peppercorns whole black
- 1 carrots peeled chopped
- 1 teaspoon cayenne pepper

- 10 picked celery heart leaves
- 1 celery stalk chopped
- 1.5 cups flour for dusting all-purpose plus more
- 2 cups flour all-purpose
- 0.5 bunch chives fresh minced
- 5 sprigs parsley fresh
- 5 sprigs thyme leaves fresh
- 1 teaspoon garlic minced
- 5 cloves garlic smashed
- 2 tablespoons heavy cream
- 1 serving kosher salt
- 1 serving kosher salt and pepper black freshly ground
- 1 tablespoon kosher salt plus more for seasoning
- 1 teaspoon kosher salt
- 0.3 teaspoon juice of lemon freshly squeezed
- 1 teaspoon juice of lemon freshly squeezed
- 10 picked littleneck clams
- 100 live littleneck clams
- 1 serving oil for frying
- 1 tablespoon olive oil extra-virgin
- 1 teaspoon olive oil extra-virgin
- 1 onion peeled chopped
- 1 teaspoon paprika
- 1 teaspoon shallots minced
- 5 shallots thinly sliced
- 1 tablespoon butter unsalted
- 1 eggs whole
- 1 cup milk whole
- 4 piping hot

Equipment

- bowl
- frying pan
- paper towels
- pot
- sieve
- plastic wrap
- aluminum foil
- stove
- kitchen towels
- potato ricer
- dough scraper

Directions

- Watch how to make this recipe.
- For the chowder: In a 6-quart pot lined with a pasta basket or pasta insert, bring 1 gallon salted water to a boil over high heat.
- Add the Potato and Chive Gnocchito the pot and allow to cook for 2 to 3 minutes.
- In a medium saute pan set over medium to low heat, cook the bacon until almost crisp, about 2 minutes.
- Add the garlic and shallots and cook until translucent, about 30 seconds.
- Add the clams and Clam Stock. At this point remove the gnocchi from the pasta water and add it to the saute pan. Turn the heat to high and reduce the liquid by one-third, about 30 seconds.
- Add the heavy cream, butter and lemon juice. Continue to cook over high heat until the sauce coats the back of a spoon, about another 30 seconds.
- Remove from the heat and season with salt and black pepper.
- In a separate, small bowl, combine the celery leaves, lemon juice and olive oil. Toss until coated and season with salt and black pepper.

- To plate, spoon the gnocchi into a bowl and pour sauce over the top.
- Garnish with Crispy Shallots and top with the dressed celery leaves.
- While still hot, remove the skins from the potatoes. Pass the potatoes through a ricer or a sieve onto a clean work surface.
- Mix the riced potatoes, butter, olive oil, salt, pepper, egg and chives together until fully incorporated. Form the potato mixture into a square and top with the flour. Using a bench scraper, cut the flour into the potato mixture until completely incorporated. The dough should be tender to the touch and just a tiny bit moist. Do not overwork the dough or the gnocchi produced will be tough.
- Let the dough rest for 20 to 30 minutes, covered with a kitchen towel or plastic wrap.
- Once the dough has rested, divide the dough into 8 pieces. On a lightly floured work surface, make snakes with each piece of dough by using your hands and rolling the dough back and forth. Then, using a bench scraper, cut each length of dough into 1/2-inch pieces. One serving is 15 pieces.
- Purge the clams in cold salted water for about 2 hours. This will remove any sand and grit from the clams.
- Place the littleneck clams into a pot with the garlic, carrots, celery, onions, cracked black peppercorns, parsley, thyme and bay leaves. Cover the clams with 1 gallon water, and then cover the pot with foil. Bring to a boil on the stove until the clams have opened, about 10 minutes. Strain all the liquid and pass it through a fine mesh sieve to remove any sand. Reserve the liquid as our clam stock. Then pick all the meat from the clams and reserve for the chowder.
- Soak the sliced shallots in the milk for 30 minutes.
- Heat oil in a deep-fryer to 250 degrees F.
- While the shallots are soaking, combine the flour, salt, black pepper, cayenne and paprika and mix thoroughly. Then remove the shallots from the milk and squeeze out all the liquid. Lightly coat them with the seasoned flour. Fry the shallots until they are a light golden color, about 5 minutes.
- Drain on paper towels and season with salt and pepper.
- This recipe was provided by a chef, restaurant or culinary professional and makes a large quantity. The Food Network Kitchens have not tested it for home use and therefore cannot make any representation as to the results.

Nutrition Facts



■ PROTEIN 14.47% ■ FAT 18.73% ■ CARBS 66.8%

Properties

Glycemic Index:912.58, Glycemic Load:370.29, Inflammation Score:-10, Nutrition Score:87.411739183509%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 11.32mg, Apigenin: 11.32mg, Apigenin: 11.32mg, Apigenin: 11.32mg Luteolin: 2.58mg, Luteolin: 2.58mg, Luteolin: 2.58mg Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg, Isorhamnetin: 5.65mg Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg, Kaempferol: 8.03mg Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg, Myricetin: 1.09mg Quercetin: 28.92mg, Quercetin: 28.92mg, Quercetin: 28.92mg, Quercetin: 28.92mg

Nutrients (% of daily need)

Calories: 3347.3kcal (167.37%), Fat: 69.81g (107.4%), Saturated Fat: 26.43g (165.19%), Carbohydrates: 560.15g (186.72%), Net Carbohydrates: 515.88g (187.59%), Sugar: 39.26g (43.62%), Cholesterol: 336.02mg (112.01%), Sodium: 10031.96mg (436.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 121.32g (242.64%), Vitamin B12: 27.96µg (465.97%), Manganese: 7.27mg (363.31%), Selenium: 249.44µg (356.35%), Vitamin B1: 4.59mg (306.34%), Vitamin A: 15053.16IU (301.06%), Folate: 1071.04µg (267.76%), Vitamin C: 215.89mg (261.69%), Iron: 37.17mg (206.47%), Vitamin B6: 4.05mg (202.62%), Phosphorus: 1993.89mg (199.39%), Vitamin B2: 3.35mg (197.31%), Vitamin B3: 38.38mg (191.91%), Fiber: 44.27g (177.07%), Potassium: 5866.62mg (167.62%), Vitamin K: 157.78µg (150.26%), Magnesium: 466.48mg (116.62%), Copper: 2.2mg (109.89%), Calcium: 838.94mg (83.89%), Vitamin B5: 7.63mg (76.33%), Zinc: 10.09mg (67.25%), Vitamin E: 8.14mg (54.25%), Vitamin D: 4.31µg (28.75%)