



Here you go

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Long Island Seafood Chowder

Ingredients:

1 cup diced onion	1/2 cup flour
1 cup diced carrot	24 shucked cherrystone clams-with meat and juice (about 2 cups)
1 cup diced celery	1/2 lb monkfish or scallops or lobster
3 cups dices potatoes	1/2 crab meat
1 teaspoon dried thyme	pepper
1 bay leaf	6 oz. tomato paste
2 ears of corn	Tablespoon chopped parsley
1 and 1/2 quarts of light cream	1/2 cup white wine (optional)
1/2 cup butter	

in a sauté pan heat 1/2 cup of butter and 1/2 cup of flour till all the flour is cooked out and set it aside. This is your roux.

In a stockpot sauté the celery, carrot, onion and potatoes with the thyme and bay leaf in olive oil. When the vegetables start to get a crust on them, move them to the outer ring of the pot and in the cleared middle, pince the tomato paste. You are basically burning the paste to intensify the flavor. When it starts to darken mix the vegetables and then deglaze the pot with white wine or add the clam broth and let it start to boil.

Add the cleaned ear of corn and cook till the potatoes are done. Now add the monkfish and let it cook for a minute. Then add the clams and let them cook for a minute. Now add the scallops/crab and corn. Stir this and let it cook for about another minute.

Stir in the roux bit by bit and the soup will become very thick. This is your base.

In a separate pan, warm the cream and add it slowly to the base, stirring all the way. You should have a lovely pink soup. Feel free to add some crushed tomatoes early in the process. Garnish with parsley and enjoy the best of both chowders.