
New England Clam Chowder III

Shona Nelson and Bob Nelson

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Servings: 6

1 pint shucked clams
4 ounces salt pork or bacon, minced
4 cups potatoes, diced
1 1/2 cups water
1/2 cup onion, chopped
2 cups milk
1 cup light cream
3 tablespoons flour
1 1/2 teaspoons salt
fresh ground pepper (to taste)

Dice the clams. Reserve 1/2 cup of the liquid. Strain. Set aside.

In a large pot, fry the salt pork or bacon until crisp. Remove from the pan and set aside to drain.

In a pot, add the reserved clam liquid, potatoes, water and onions. Cook, covered, until the potatoes are tender, 15 to 20 minutes. Stir in the clams. Slowly add 1-3/4 cups of milk and the cream.

Blend the remaining 1/4 cup of milk into the flour. Stir into the chowder. Bring to a boil, stirring constantly.

Add the salt and pepper. Then stir in the salt pork or bacon.

Soups, Chili, Stew

Per Serving (excluding unknown items): 227 Calories; 11g Fat (41.3% calories from fat); 6g Protein; 27g Carbohydrate; 2g Dietary Fiber; 37mg Cholesterol; 597mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.