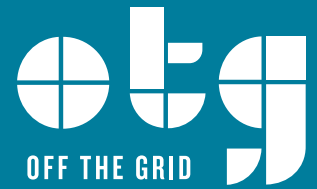


CLAM CHOWDER

From



INGREDIENTS

Makes three 13 oz servings

Canola Oil	½ tablespoon	Whole Milk	4 ounces
Salt Pork	2 ounces, diced	Yukon Potatoes	½ pound, diced
Thick-Cut Bacon	4 ½ ounces, diced	Heavy Cream	3 tablespoons
All-Purpose Flour	2 tablespoons	Clams	6 ½ ounces, drained & chopped <i>(from three 6 ½ cans)</i>
Yellow Onion	1 small onion, diced	Hot Sauce	6 - 7 dashes
Celery	4 stalks, diced	Chopped Parsley	
Vegetable Stock	1 ½ cups	Crackers	
Clam Juice	6 ounces (from drained clams)		

PREPARATION

Add canola oil to a saucepan over medium heat, then add salt pork and bacon. Render out the fat and cook the pork until half browned, about 5 -7 minutes. Add in the flour and cook for about another 5 minutes, to remove starchy taste.

Add in onion and celery and cook together over medium-low heat to sweat the vegetables until slightly translucent, about 5 minutes. Add in vegetable stock, clam juice and milk, then turn up heat and bring to a boil. Once boiling, add potatoes and reduce heat to a strong simmer, then cook for about 8 - 10 minutes until potatoes are just tender.

When the potatoes are ready, add in heavy cream and chopped clams, then continue to cook for another 5 minutes until slightly thickened. Remove from heat and add in hot sauce. Adjust to taste.

Serve in a bowl and garnish with your favorite cracker and a bit of chopped parsley.