

upclose &tasty

Clam Chowder with Crab and Shrimp *Inspired by Mike's and my love of Seafood*

Ingredients

1/2 onion, chopped
1 scallion, chopped
2 carrots, peeled and chopped
1 cup chicken broth
1 cup clam juice
1 cup water
1 cup fat free milk
1 tablespoon cornstarch mixed with 2 tablespoons milk
Salt and red pepper flakes
1/4 pound shrimp
1/2 pound little neck clams
1/4 pound lump crab meat
2 cobs of corn, cut the corn off the cob
4-5 slices of bacon, cut into thin strips cross-wise
1 tablespoon fresh parsley, finely chopped

Preparation

- 1. Over medium heat, in a nonstick skillet, sauté bacon until crispy, about 6 minutes.*
- 2. Remove bacon from pan and let cool on a plate with a paper towel.*
- 3. Sauté onions and carrots in a separate stock pot for 5 minutes.*
- 4. Add broth, corn, clam juice, water and milk and bring to a simmer.*
- 5. Add the cornstarch mixture and season with salt and red pepper flakes.*
- 6. Simmer, uncovered, for 10 minutes.*
- 7. Add your clams and simmer for 5 minutes or until they open.*
- 8. Remove clams from their shells, discarding any that did not open.*
- Optional:** *I kept some clams in their shells for presentation.*
- 9. Add the shrimp and crab and simmer for about 5 minutes.*
- 10. Add the clam meat back into the stock pot with the shrimp and crab.*
- 11. Ladle chowder into bowls and garnish with parsley, bacon and clams in the shell.*

Enjoy!