



The Soup Tureen

MANHATTAN CLAM CHOWDER

Some like it red! Manhattan clam chowder is always made with tomatoes.

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| 2 slices thick bacon, julienned | 1 tsp (5 mL) oregano, crumbled |
| 1 cup (250 mL) chopped onion | 1/2 tsp (2 mL) salt |
| 1/4 cup (50 mL) chopped celery | 1/4 tsp (1 mL) freshly ground pepper |
| 1 clove garlic, finely chopped | 1/4 tsp (1 mL) thyme, crumbled |
| 1 can (28 oz/796 mL) diced tomatoes | 1/4 tsp (1 mL) hot pepper sauce |
| 1 can (14 oz/398 mL) clam nectar | 1 bay leaf |
| 2 1/2 cups (625 mL) diced peeled potatoes | 2 cans (5 oz/142 g each) whole baby clams |
| 1 cup (250 mL) dry white wine | Chopped fresh parsley |

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon with a slotted spoon; drain bacon on paper towels. Add onion, celery and garlic to pan; saute for 2 minutes. Stir in next 10 ingredients (tomatoes through bay leaf). Drain clams, reserving liquid; set clams aside. Add reserved clam liquid to soup mixture; bring to a boil. Reduce heat; cover and simmer, stirring occasionally, until potatoes are tender, about 20 minutes. Stir in bacon and clams. Cook for 2 minutes. Remove and discard bay leaf. May be prepared in advance and refrigerated for up to 24 hours. Sprinkle with parsley just before serving. Serves 6 - 8.

Cook's Note: *If clam nectar is unavailable, use 1 3/4 cups (425 mL) canned chicken broth.*

NEW ENGLAND CLAM CHOWDER

When most people think of clam chowder, they think of New England clam chowder, also known as Boston clam chowder. It is always made with cream or milk.

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| 6 slices thick bacon, julienned | 1/2 tsp (2 mL) thyme, crumbled |
| 1 cup (250 mL) chopped onion | 1/4 tsp (1 mL) garlic powder |
| 1 cup (250 mL) chopped celery | 1/4 tsp (1 mL) hot pepper sauce |
| 2 cans (5 oz/142 g each) whole baby clams | 1 bay leaf |
| 1 1/2 cups (375 mL) diced peeled potatoes | 2 cups (500 mL) light cream (10%) |
| 1 can (14 oz/398 mL) clam nectar | Chopped fresh parsley |

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon with a slotted spoon; drain bacon on paper towels. Drain off all but 2 tbsp (25 mL) fat from pan. Add onion and celery to pan; saute for 5 minutes. Drain clams, reserving liquid; set clams aside. Add reserved clam liquid and next 6 ingredients (potatoes through bay leaf) to onion mixture; bring to a boil. Reduce heat; cover and simmer, stirring occasionally, until potatoes are tender, about 20 minutes. Stir in bacon, clams and cream. Cook, stirring frequently, just until chowder is heated through. Do not boil. Remove and discard bay leaf. Sprinkle with parsley. Serves 4 - 6.

Cook's Note: *If clam nectar is unavailable, use 1 3/4 cups (425 mL) canned chicken broth.*

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LEEK AND POTATO SOUP

1/4 cup (50 mL) butter	1/2 tsp (2 mL) freshly ground pepper
4 cups (1 L) sliced leeks (white and tender light green portions only)	1/4 tsp (1 mL) salt
4 cups (1 L) cubed peeled russet potatoes	Dash nutmeg
4 cups (1 L) canned chicken broth	Dash hot pepper sauce
4 cups (1 L) water	1 cup (250 mL) whipping cream
	Thinly sliced green onion

Melt butter in a Dutch oven over medium heat. Add leeks and saute until tender, about 5 - 7 minutes. Add next 7 ingredients (potatoes through hot pepper sauce) and bring to a boil. Reduce heat; cover and simmer, stirring occasionally, until potatoes are tender, about 20 minutes. Puree mixture in small batches in a blender until smooth. May be prepared to this point and refrigerated for up to 24 hours. Reheat soup before proceeding. Stir in cream and cook until heated through. Do not boil. Ladle into bowls and garnish with onion. Serves 8 - 10 as an appetizer.

SPICY LENTIL SOUP

1 tbsp (15 mL) oil	2 cups (500 mL) dried red lentils, rinsed and drained
1 cup (250 mL) chopped onion	2 tbsp (25 mL) red wine vinegar
3/4 cup (175 mL) diced green bell pepper	1 1/2 tsp (7 mL) cumin
3/4 cup (175 mL) diced red bell pepper	1 1/2 tsp (7 mL) salt
4 cloves garlic, finely chopped	1 tsp (5 mL) paprika
6 cups (1.5 L) water	1/4 tsp (1 mL) red pepper flakes
1 can (14 oz/398 mL) diced tomatoes	

Heat oil in a Dutch oven over medium heat. Add onion, bell peppers and garlic; cook for 2 minutes. Add remaining ingredients (water through red pepper flakes). Bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, until lentils are tender, about 25 minutes. Serves 6.

CURRIED BEEF AND VEGETABLE SOUP

1 tbsp (15 mL) oil	1 tbsp (15 mL) curry powder
1 lb (0.5 kg) lean ground beef	1/4 tsp (1 mL) salt
1 cup (250 mL) chopped onion	1/4 tsp (1 mL) freshly ground pepper
1 cup (250 mL) sliced carrot	2 cups (500 mL) cubed peeled red potatoes
1 cup (250 mL) sliced celery	2 1/2 cups (625 mL) water
2 cloves garlic, finely chopped	1 can (10 oz/284 mL) beef broth

Heat oil in a Dutch oven over medium heat. Add beef, onion, carrot, celery and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat. Stir in curry powder, salt and pepper; cook and stir for 1 minute. Add potatoes, water and broth. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender. Serves 4.

CAULIFLOWER AND CHEDDAR CHEESE SOUP

2 tbsp (25 mL) butter	4 cups (1 L) small cauliflower florets
1 cup (250 mL) chopped onion	1 tsp (5 mL) Dijon mustard
1/4 cup (50 mL) flour	1/2 tsp (2 mL) salt
2 1/4 cups (550 mL) homo milk	1/8 tsp (0.5 mL) nutmeg
1 1/2 cups (375 mL) water	2 cups (500 mL) shredded cheddar cheese
1 can (10 oz/284 mL) chicken broth	

Melt butter in a large saucepan over medium heat. Add onion and saute until golden, about 10 minutes. Stir in flour and cook for 1 minute. Gradually stir in milk, water and broth. Bring to a boil, stirring constantly. Reduce heat and simmer, stirring frequently until slightly thickened, about 3 minutes. Stir in cauliflower, mustard, salt and nutmeg. Cover and simmer, stirring occasionally, until cauliflower is tender, about 10 minutes. Puree soup in small batches in a blender. Soup may be prepared to this point and refrigerated for up to 24 hours. Return soup to saucepan. Reheat over low heat to serving temperature. Gradually stir in cheese until melted. Serve immediately. Serves 4 - 6.