



## CLAM AND SWEET CORN CHOWDER

---

Category: Popular

Published: January 12, 2025

### **Clam and Sweet Corn Chowder**

Clam and Sweet Corn Chowder is a creamy, comforting dish that combines the briny sweetness of clams with the natural sweetness of corn, creating a perfect balance of flavors.

The hearty soup is rich in texture and flavor, thanks to the combination of tender clams, juicy corn kernels, and a creamy base made from milk, cream, and seasonings.

This chowder is perfect for cozy dinners or as a starter to any meal, offering warmth and satisfaction in every spoonful. It's simple to prepare and sure to become a favorite in your recipe repertoire.

### **Ingredients:**

For the Chowder:

2 cups fresh or frozen sweet corn kernels (about 2 ears of corn)

1 lb fresh clams (such as littleneck or manila clams), scrubbed clean and steamed open

2 tablespoons unsalted butter

1 medium onion, finely chopped

2 celery stalks, diced

2 medium potatoes, peeled and diced

3 cups low-sodium chicken or vegetable broth

1 cup whole milk

1/2 cup heavy cream

2 cloves garlic, minced

1 teaspoon dried thyme

1 bay leaf

Salt and freshly ground black pepper, to taste

Fresh parsley or chives, chopped (for garnish)

Optional: A pinch of smoked paprika or cayenne pepper (for added depth or heat)

**How to Make:**

### Prepare the Clams:

In a large pot, bring about 1 inch of water to a boil. Add the clams, cover, and steam them for about 5-7 minutes or until the clams open. Discard any clams that do not open.

Remove the clams from their shells, and chop the meat into bite-sized pieces. Set aside. Reserve some of the clam broth to use in the chowder for extra flavor.

### Make the Chowder Base:

In a large soup pot, melt the butter over medium heat. Add the chopped onion and celery and sauté until softened, about 5-7 minutes.

Add the minced garlic and cook for another minute, until fragrant.

### Cook the Vegetables:

Add the diced potatoes, sweet corn, and dried thyme to the pot. Pour in the chicken or vegetable broth and bring the mixture to a simmer. Let it cook for about 15-20 minutes or until the potatoes are tender.

### Make it Creamy:

Once the potatoes are tender, add the milk, heavy cream, and bay leaf. Stir everything together and bring the soup to a gentle

simmer again. Let it cook for another 5-7 minutes to allow the flavors to meld together.

Add the Clams:

Stir in the chopped clam meat and reserved clam broth (if using). Season the chowder with salt and pepper to taste. If you prefer a slightly spicier version, add a pinch of smoked paprika or cayenne pepper for extra flavor.

Simmer and Finish:

Let the chowder simmer for an additional 5 minutes, allowing the clams to heat through. Once the chowder reaches your desired consistency, remove the bay leaf and adjust seasoning if necessary.

Serve:

Ladle the chowder into bowls and garnish with freshly chopped parsley or chives. Serve with warm crusty bread or crackers on the side for dipping.

Chef's Note:

Clam and Sweet Corn Chowder can be easily customized depending on the ingredients you have available. You can substitute fresh clams with canned or frozen clams if necessary,

although fresh clams will provide a deeper, more natural flavor. For an even richer chowder, you can increase the amount of cream or add a splash of white wine when cooking the vegetables.

If you prefer a thicker chowder, you can mash some of the potatoes once they are cooked, or use an immersion blender to purée part of the soup before adding the clams. This will give the soup a creamier texture without the need for additional thickeners.

This chowder is also delicious with a sprinkle of grated cheese on top or a dash of hot sauce if you like a little heat.

**Nutritional Information (per serving, based on 4 servings):**

Calories: 320

Protein: 20g

Carbohydrates: 25g

Fat: 16g

Fiber: 4g

Sugar: 5g

Sodium: 800mg

Clam and Sweet Corn Chowder is a wholesome dish, rich in protein from the clams and fiber from the corn and potatoes. The milk and cream provide healthy fats, and the inclusion of vegetables gives a good boost of vitamins and minerals. With its creamy texture and balanced flavor, this chowder is both satisfying and nourishing, making it a perfect choice for a comforting meal on a chilly day.