

# SHELLFISH AND PARSNIP CHOWDER



Photos: Nuno Campos  
Chef: Boris Schijvens

## SERVES 4

Preparation Time: 1 hour

Cook time: 20 min

## INGREDIENTS

1.5kg of mixture of fresh clams/mussels • 200g parsnips, cleaned and diced • 600g potatoes, peeled and diced • 2 large onions, finely chopped • 100g bacon, chopped into small pieces

**For the sauce:** 200ml milk • 200ml cream • 15g butter • 20g fresh parsley and thyme, washed, finely chopped • Salt & pepper to taste

## METHOD

Brush the clams clean under cold running water • Give each one a firm tap and discard any that do not close within one minute • Bring 250ml of water to boil in a large saucepan • Add the clams/mussels and boil for four to five minutes • Drain off the water, retaining for later and discard any clams that have remained closed • Remove the shellfish from their shells and chop them roughly • Keep a few shells for decoration • Boil the parsnip and potato cubes for 3 min. • Drain and place to one side • Fry the chopped onions and bacon in butter over a low heat until the onions are glazed • Add the milk, cream and the clam water • Add the potatoes and parsnips and bring to the boil • Cover the pan and cook for ten minutes on a low heat • Add the parsley, thyme, pepper and salt • Blend the chowder or leave as it is • Add the chopped shellfish and cook for two minutes • Decorate with the shells from earlier