

### **Tim's Clam Chowder** — Jittery style

- 3 T butter
- 2 onions, finely chopped
- 2 potatoes, peeled, finely chopped
- 1 carrot, finely chopped
- 2 9.5 oz jarred Italian clams, with the juice
- 2 8oz jars clam juice
- 3/4 t each ground white pepper, sea salt
- 1 1/2 c milk
- 1/2 c 5% cream

#### **Roux**

- 3/4 c each butter, all purpose flour

In a soup pot, melt three tablespoons of butter and sauté onions until translucent. Do not brown. Add potato, carrot, clams, juice, salt and pepper. Bring to a boil.

In a second pot (for the roux) melt the butter and with a whisk, stir in the flour. Smooth with the whisk. Cook on low heat while the other pot is coming to a boil.

After the first pot is boiling and the potato and carrot are cooked, stir in the roux. Bring it back to a boil (you always have to bring a roux back to a boil once you add it), then remove from stove.

Heat the milk and cream on the side and then add to the chowder. Serves 8. Serve with crisp toast and green salad.

**Note:** When you thicken a stock or sauce with a roux, it must be cooled before refrigerating.

**Jittery Cook**