



Cooking Your Catch

by Sandie Gelineau



Rhode Island Shore Dinner

There are many variations to these New England favorites. Here's a great Rhode Island style chowder and clam cakes. For the complete dinner, cook with a clam boil including steamers, lobsters and all the fixins. Serve with a garden salad and your favorite beer or wine.

Rhode Island Clam Chowder

- 5 lb quahogs or clams
- 1/2 lb salt pork -diced
- 1 tbsp butter or margerine
- 3 cups onions - chopped
- 1/4 cup celery - chopped
- 1/4 cup carrots - chopped
- 1 lb potato - diced
- 2 tbsp. sugar
- 1 bay leaf
- 1 can tomato soup
- 3/4 cup Ritz crackers -crushed
- salt and pepper to taste
- 6 cups liquid (steaming broth, water or bottled clam juice)

PREPARE THE CLAMS

Scrub the outside of the clams under cold water. Place in large basin and cover with three inches of lightly salted water (1/4 cup per quart of water). After 30 minutes, remove clams with your hands and drain water. Repeat until there is no sand in the bottom of the basin



COOK THE CLAMS

Bring 4 cups of water to a boil. Add a couple of sliced celery sticks, a couple of sliced carrots and a chopped onion to add flavor to the broth.

Add cleaned clams and steam for 4 to 5 minutes. Remove open clams and steam remaining clams another couple of minutes. Discard any unopened clams.

Remove clam meat from the shells and chop fine. You can run through a grinder with course grind. Decant broth being careful to leave sand in the pan. Add enough water or bottled clam juice to make 6 cups.

PREPARE THE CHOWDER

Blanch salt pork in sauce pan with 1 quart of water to remove excess salt. Saute salt pork slowly in butter until the pork has rendered its fat. Remove pork bits and stir in onions, celery and carrots. Cover and cook for 8 to 10 minutes. Drain excess fat. Stir in cracker crumbs. Add 6 cups liquid, potatoes, bay leaf, sugar and tomato soup. Simmer 20 minutes until potatoes are tender. Add clam meat and salt and pepper to taste (do not over cook or the clams will toughen). Serve in large bowls.

Mini Clam Cakes

- 2 eggs
- 1/2 cup clam juice
- 1/2 cup milk
- dash pepper
- 1/4 tsp. salt
- 1-1/2 cup flour
- 3 tsp. baking powder
- 7 oz. can minced clams

Beat Eggs. Add milk and clam juice. Sift flour, baking powder, salt and pepper. Add the minced clams to the sifted flour and then add enough of the liquid to make a thick, lumpy batter. Drop batter by teaspoons into 375 degrees oil. When one side is cooked, the cakes will roll over by themselves. Drain on brown paper and serve immediately with chowder.

Clam Boil

For each person you will need:

- 2 to 3 lbs. steamers
- 1 ear of corn
- 1 potato -quartered
- 1 to 1-1/2 lbs lobster
- 1 hot dog or sausage



Prepare steamers as above. In a large pot, bring to a boil 4 to 6 cups of water. Layer clams, potatoes, hot dogs and lobsters in the pot. Cover and steam for 20 to 25 minutes or until lobsters are bright red.

Serve with melted butter and lots of napkins.

TIPS

- ❑ The most difficult part of this meal, the chowder, can be made a day or two in advance and reheated.
- ❑ While the clam cakes must be cooked and eaten immediately, the batter is simple and the cakes cook quickly.
- ❑ Nothing is easier to cook than a clam boil. Just layer everything in the pot.

NEWSLETTER DEADLINES

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