

DNA/BASE OF CHOWDERS STEP-BY-STEP

INGREDIENTS

- ◆ 1 lb. of Bacon
- Veggie lovers (or Vegetarians), simply or frankly, just remove the bacon and you also can **ENJOY CHOWDER**

STEPS

1

- ✎ Render your bacon in a ceramic cast iron pot/ Dutch oven on medium-low.
- ✎ Remove when done & chop into bite-size pieces.
- ✎ Remove some of the bacon fat if it seems to be too much for you.
- ✎ Do yourself a favor & leave in at least a couple of tablespoons for flavor.

JUICY POTATOES – Full recipe Page 8

- ◆ 3 Large Russet Potatoes
- ◆ 1 Large or 2 medium Onions
- ◆ 2 Tbsp. Butter or Olive Oil – or a combination.
- ◆ 2 Bay leaves
- ◆ 1 Tbsp. Salt
- ◆ 1/2. Tbsp. Pepper
- ◆ 1 tsp. Thyme – fresh or dried
- ◆ 1 tsp. Rosemary – fresh
- ◆ Splashes of Stock or Water – about ¼ - ½ C.

2

- ✎ I know there is some bacon fat in the pot, but you should add 1 Tbsp. Olive Oil as well.
- ✎ Due to all the starch in potatoes, they will easily stick to the bottom of your pot.
- ✎ Adding splashes of chicken stock while the potatoes & onions cook down, will prevent this as well.

3

- ✎ To your pot, on medium-low, add potatoes, onions, herbs, garlic, salt & pepper.
- If you'd like, add 1 - 2 Tbsp. of Butter for flavor. This is optional.***
- ✎ Splashes of Stock/Water along the way will deliver a similar result.
 - ✎ Cook the JUICY POTATOES down until the potatoes begin to give off their starch & become tender-crisp. This takes about 10 minutes.

REMAINING DNA:

- ◆ 2 medium Carrots
- ◆ 2 Celery Stocks
- ◆ 2 Garlic Cloves
- ◆ ½ C. Half & Half or Heavy Cream

4

- ✎ When the **JUICY POTATOES** are done, add to the pot, Carrots, Celery, Garlic, your chopped bacon & Stock.
- ✎ Half & Half &/or Heavy Cream comes in at the end.

*It's the **FINALE** to all Chowders.*

SERVINGS

- ◆ Chowders create 4 to 6 Servings.
- ◆ For a family of 4, these Chowder recipes will suffice
- ◆ 1 Chowder dinner and 3 *Shake-Ups*.

*** It's never a bad idea to Double the Chowder Recipes in case your family wants multiple bowls of Chowder on day 1.*

**Let's face it, after a long week of work,
it's typically pizza & or sandwich night.**

When you try this concept of making,
1 Chowder that carries you through the week,
you'll be hooked!



