



THREE CHEESE SEAFOOD CHOWDER MAGNIFIQUE

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Ingredients:

Shucked oysters with liquor	1 pt. <u>or</u> 1 lb of mixed shrimp, lobster and scallops
Butter	3/4 ounce
Flour	3/4 ounce
Onions, diced, small	1/2 cup
Celery, diced, small	1/2 cup
Garlic, whole, clove	1/4 tsp equivalent
Chicken stock, hot	1 cup
Dry white wine	1/2 cup
Stemmed, chopped, fresh spinach	8 ounces
Salt/pepper	to taste
Milk, 1 ½ %	2 1/4 cups
Dry sherry	TT
Nutmeg	TT
Worcestershire	2 shakes
Tobasco	1 shake
Parmesan, freshly grated	1 Tbsp. Per portion
Emmentaler, shredded	½ ounce Per portion
Brie, cube	1 ounce Per portion
Chives	1Tbsp.

Procedure:

- Sauté the vegetables and garlic in butter till tender. Remove the garlic and discard.
- Add the flour and make a roux, then add the wine, reduce and add the milk to make a béchamel. In a separate pot, heat the stock and spinach.
- Add the nutmeg, pepper and seafood to the béchamel and simmer till almost cooked.
- Add the spinach and stock and bring to a very gentle boil. Add the Worcestershire, Tobasco, and sherry. Correct the seasoning with more sherry and salt if needed, and whatever else you like.
- As you serve, place each measure of cheese in the bottom of each cup and ladle the chowder over the cheeses.
- Garnish with chopped chives. Serves 10.

This recipe provides at least 20% of the daily value for calcium and may be modified for fat using lowfat or nonfat dairy products.