

### **New England Clam Chowder**

2 tablespoons unsalted butter  
1 medium onion, finely diced  
2 celery stalks, finely diced  
3 tablespoons all-purpose flour  
2 cups vegetable stock  
2 (10-ounce) cans chopped clams in juice  
1 cup heavy cream  
2 bay leaves  
1 pound potatoes, cubed  
Salt and freshly ground black pepper

- Heat the butter in a large pot over medium-high heat.
- Add the onion and celery and cook, stirring occasionally, until softened.
- Stir in the flour; cook 1 minute.
- Add the stock, juice from 2 cans of chopped clams (reserve clams), cream, bay leaves, and potatoes and stir to combine.
- Bring to a simmer, stirring consistently, then reduce the heat to medium-low and cook 20 minutes, stirring often, until the potatoes are nice and tender.
- Add clams and season to taste with salt and pepper, cook until clams are just firm, another 2 minutes.;

### **Stir-fried Shrimp with Red Curry Sauce and Noodles**

2 tablespoons vegetable oil  
½ pound shrimp, peeled and deveined  
1 shallot, minced  
½ red pepper, finely diced  
2 garlic cloves, minced  
1 cup heavy cream  
1 cup vegetable stock  
2 tablespoons red curry paste, or to taste  
1 tablespoon fish sauce  
1/3 pound cooked noodles  
1 tablespoon lime juice  
Fresh cilantro  
Sea salt and freshly ground black pepper

- Bring a wok to medium heat and add 1 tablespoon oi. Season shrimp with salt and pepper. Stir-fry until cooked through to center; remove from pan.
- Add the remaining oil; cook the shallots, peppers and garlic until softened and lightly browned.
- Add the cream, vegetable stock, curry paste and fish sauce. Bring to a simmer; cook until reduced by a third.
- Add noodles and reserved shrimp; cook until heated through. Stir in lime juice; season with cilantro, salt and pepper.



### Sauteed Mahi Mahi with Tomatoes, Olives and Capers

1 tablespoon olive oil  
2 mahi mahi fillets  
1 clove garlic, crushed  
½ teaspoon anchovy paste  
Pinch of crushed red pepper  
1 cup diced tomatoes, with juice  
½ cup vegetable stock  
¼ cup pitted kalamata olives, chopped  
1 tablespoon capers  
Fresh basil  
Salt and pepper

- Bring a heavy nonstick skillet to medium heat. Add just enough oil to coat the bottom of the pan.
- Lightly season the mahi with salt and pepper; saute, turning once, until just cooked through. Remove from pan.
- Reduce heat to medium-low. Add the garlic, anchovy paste and red pepper. Cook, stirring into a paste, until garlic is golden.
- Add the tomatoes and stock; bring to a simmer and cook until reduced and flavors combine.
- Stir in the olives and capers. Cook until warmed through.
- Season with basil, salt and pepper.