

Wild Rice Clam Chowder – Gibbs-California Wild Rice

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- **Yield:** 6 Servings

Recipe courtesy of: California Wild Rice Advisory Board

Per serving: 467 calories; 29.7 gm protein; 13.1 gm fat; 54.9 gm carbohydrate; 954 mg sodium; 77 mg cholesterol.

Ingredients

- 1/2 cup [California Wild Rice](#)
- 1 1/2 cup [salted boiling water](#)
- 2 tbsp [butter](#)
- 1 [onion](#) *chopped*
- 2 stalks [celery](#) *chopped*
- 3 tbsp [flour](#)
- 2 1/2 cup [chicken stock](#)
- 2 cans (7 oz) [minced clams, juice reserved](#) *about 1 1/2 cups*
- 1 cup [half-and-half](#)
- 1 cup [whole milk](#)
- 1/4 cup [white wine](#)
- 1 tsp [Worcestershire sauce](#)
- dash [Tobasco](#)

Instructions

1. Rinse wild rice in a colander under cool running water until water runs clear.
2. In a small saucepan, add the wild rice to the boiling water, return to a boil, reduce heat, cover and simmer 20 minutes, to partially cook rice. Drain wild rice and set aside.
3. Meanwhile, in a large saucepan or Dutch oven, melt the butter over medium-high heat.
4. Add the onion and celery and sauté until softened, about 3 minutes.
5. Sprinkle with flour, stirring for 2 to 3 minutes. Gradually add stock and stir while bringing mixture to a boil.
6. Add wild rice and clam juice and simmer 10 minutes.
7. Add half-and-half, milk and wine and simmer 10 minutes more.
8. Stir in Clams, Worcestershire and Tabasco and heat through.
9. Ladle soup into bowls and serve immediately.