

Vegan Clam Chowder

4 servings

Creamy, thick, New England-style clam chowder, made with shiitake mushrooms, not clams. This might seem like a lot of ingredients, but they are all easy to find staples, and it goes together pretty quickly. You do need to soak the cashews. I always keep some in my refrigerator, ready to use when I need them.

For the cashew cream mixture:

2/3 cup raw cashews, soaked at least 2 hours, and drained

1 russet potato, cooked and peeled

1 ½ cups cooked white beans rinsed and drained

1 tbsp white miso

2 tbsp nutritional yeast

2 tsp seaweed powder (use a spice grinder)

1 15oz can coconut milk (15%)

For the vegan chowder mixture:

1 tablespoon olive oil

1 yellow onion diced

2 ribs celery diced

3 cloves garlic

1 ½ tsp Old Bay

½ teaspoon black pepper

2 ½ cups red potatoes, peeled, in 1" dice

3 tablespoon brandy

4 cups vegetable stock

2 cups shiitake mushrooms, in 1" pieces

1 tbsp vinegar

½ cup chopped parsley divided

To prepare the cashew cream:

Rinse and drain the soaked cashews, and add them to a blender along with the cooked potato, white beans, miso, nutritional yeast, seaweed powder, and coconut milk. Blend until smooth, adding a little bit of water if needed to blend. Set mixture aside.

In a soup pot, heat the olive oil over medium-low heat. Add the onion and celery, and stir well. Cook until both are softened and translucent, about 5 minutes. Add the garlic, and cook for another 30 seconds.

Stir in the Old Bay seasoning, ground black pepper, and shiitake pieces. Cook until the mushrooms soften and start to lose their water.

Add the cognac, and cook, stirring occasionally it has almost evaporated.

Add the vegetable stock and the potatoes, bring to a boil, reduce to a simmer, and cook for about 20 minutes, stirring frequently, until the potatoes are tender.

Stir in the cashew cream mixture, and simmer until hot. Finally, stir in the vinegar and half of the chopped parsley.

Taste for seasoning (especially salt and/or Old Bay). If it seems too thin, thicken with potato flakes. If it seems too thin, add any nondairy milk or vegetables broth.

Serve hot, garnished with more chopped parsley, and crackers, bread, or other accompaniments of choice.