

Classic New England Style Vegan Clam Chowder

Ingredients

- Two large onions
- 1 cup raw, unsalted cashews
- Small amount of oil for cooking
- 3 cloves of garlic, minced
- 1 large carrot, diced
- 2 stalks of celery, diced
- 2 lbs. potatoes, diced
- 5 cups water
- 3 large king oyster mushrooms OR around 200g of button mushrooms, sliced
- ½ cup + 1 tbsp. vegan butter, divided
- ½ cup flour
- Salt and pepper, to taste
- For serving: parsley, oyster crackers (optional)

Steps

1. Start by making your vegan cream. Preheat the oven to 400°F(200°C). Place the onions, whole, uncut, skins and all in a baking dish and rub with a little oil. Place in the oven for about one hour, until the onion is soft with poked with a fork. While the onion is baking, set the cashews to soak in water. Once they're both finished, remove the skins from the onions and drain the water from the cashews. Add both to a blender and blend until smooth. Set aside.

2. Heat a small amount of oil in a large pot and add the garlic, carrot and celery and sauté for a couple minutes, until the garlic is fragrant. Add the potatoes and water, and bring to a boil, before reducing to a simmer. Allow to cook until the potatoes are easily pierced with a fork.

3. While the soup is simmering, heat 1 tbsp. of vegan butter in a medium-large skillet. Add the mushrooms and cook until slightly golden. Once cooked, place in a small bowl and set aside. If your potatoes are done, or nearly done, in the same skillet melt the remaining ½ cup of vegan butter and mix the half cup of flour in. Cook, but do not burn for a couple minutes. Add the completed roux to your soup and whisk in well. To complete your chowder, add the mushrooms and onion cream and heat but do not boil. Season with salt and pepper, and serve warm with parsley and oyster crackers, if desired.

