

SOUNDSIDE LEARNING

THIS WEEK ON CORE SOUND

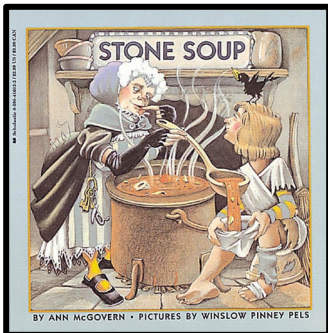


January 15, 2024

COMING UP AT CORE SOUND...

- **January 17:** Property Insurance Community Roundtable--Discussions with Insurance Specialists @ 10:30, 1:30, 4:30, & 6:30
- **January 26:** Volunteer Dinner! *New volunteers are welcome!*

Sound Reading Material For You and Your Child



Stone Soup

By Ann McGovern

A clever young man tricks an old woman into believing that soup can be made from a stone. As the pot of water boils with the stone in it, he urges her to add more and more ingredients until the soup is a feast "fit for a king." This book is a treasured classic, indeed.

Pages: 32

Grades: preK-2nd

A History of Chowder

Although it is impossible to know who cooked the first bowl of chowder, it is known that chowder was brought to North America with immigrants from England and France and seafarers more than 250 years ago. In its first forms, chowder was a variety of soups featuring salted fat pork, thickened with flour, heavy roux, crumbled biscuit or saltine crackers and milk. Fishermen took much of the waste portions of their daily catches and combined them with available ingredients in large soup pots to feed themselves, neighbors, and large families. Unsurprisingly, chowder became a culinary staple in the Northeast. It became popular for its flavor and simple preparation. Over time, the recipe was refined and began to be served commercially.

The word "chowder" comes from the French *chaudière*, which means "pot" referring to a type of French cooking pot. *Chaudière* comes from *chaud*, which is French for "hot" and is derived from the Latin *calderia*, the word from which we get our word *cauldron*.

An early description of chowder is found in a journal kept by the young botanist Joseph Banks, who visited English and French Labrador fisheries in 1766. Banks gives an account of chowder, which he described as "Peculiar to this Country," and its preparation. Even though it was unfamiliar, he stated that "when well made, a luxury that the rich even in England, at least in my opinion, might be fond of it ... a soup made with a small quantity of salt pork cut into small slices, a good deal of fish, and biscuit boyled for about an hour."

Eighteenth-century chowders became more varied; meat or poultry chowders were made, and wine, spices, herbs, cider, and other flavorings were often added. Pounded crackers or ship biscuits were added as thickening.



chowders left to right: New England, Manhattan, and Down East

Stewed Clams

recipe of Nannie Raye Poole from *Island Born and Bred*

3 slices fat port
2 pecks chowder clams
5 lbs. potatoes
1 bunch scallions
6-8 cornmeal dumplings
Salt & pepper to taste



Gut and wash clams – wash about 3 times. Chop clam into bite-size pieces. Fry-out fat pork in cooking pot; add clams and enough water to cover. Add salt and pepper to taste. Boil for about 1 hour. Add chopped scallions; boil about 1 hour more until tender. Add potatoes; then cornmeal dumplings. Cook for another ½ hour. Yield: 10 servings. *Note: Keep careful watch on pot – will boil-over easily. Keep enough water to cover clams; near end of cooking time, stew down to soup texture.*

Memories by the Mouthful

Growing up, stewed clams—that’s what my family calls clam chowder--was a meal that I took for granted! I thought it was commonplace for parents to “run out and get a mess of clams” for supper! Boy, was I mistaken. As an adult I understand that many times Mama & Granny stewed clams because it was inexpensive to make, fed a lot of mouths, and tasted delicious!

My Aunt Perry Lynn remembers going clamming with her dad, my pa, Linwood Hancock. She shared, “We caught big clams and when we got home, they were put on a board with a big knife and hammer that were used to open them. We went through them after opening and picked the black out, which I am sure Mama did again! Nothing was any better than sitting down to her kitchen table and eating a bowl of her stewed clams with plenty of cornmeal dumplings. I can see the way she looked with a band around her head to keep the hair out of her eyes. Oh, I miss her and daddy.”

Clamming for supper is a generational event that Down Easters know very well. Even Pa’s grandkids got in on the action when it came to clamming for meals! Tyler Midgett, my cousin, Aunt Bonnie’s boy, vividly recalls, “I remember being so excited to go clamming. [Grandpa] would take us out there in his jon boat and hand us all clam rakes. It was like an Easter egg hunt. I can remember how amazing he was at finding them. He would come up with 6-7 at a time and it would take me forever to just find one...We would come home, he would open them, and Grandma would cook’em up.”



Now, when I stew clams for my family, it is an experience that returns me to the dinner tables of my youth which were filled with bounty resulting from sacrifice, hard work, and the far-too-frequent need to stretch a penny. What I am most grateful for, though, is finally realizing the secret ingredient that was poured into each pot—love.