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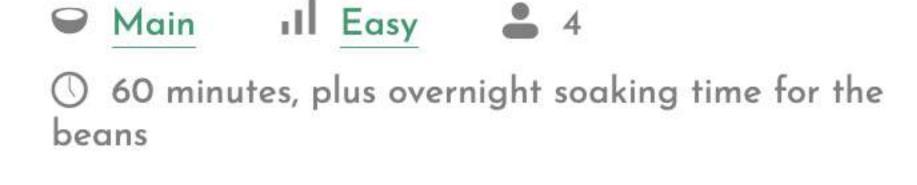
Chefs

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Pochas with clams

by GBC Kitchen





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Pochas are an immature green-white bean popular in Rioja, Navarre and the Basque Country. This warming stew is one of the most popular ways to enjoy them in Rioja - braised with seafood and chorizo.

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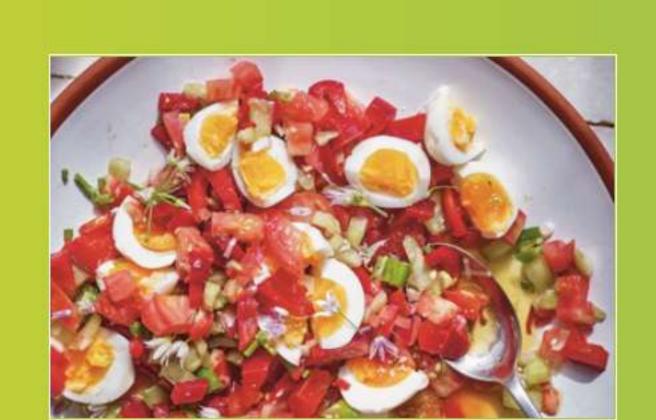
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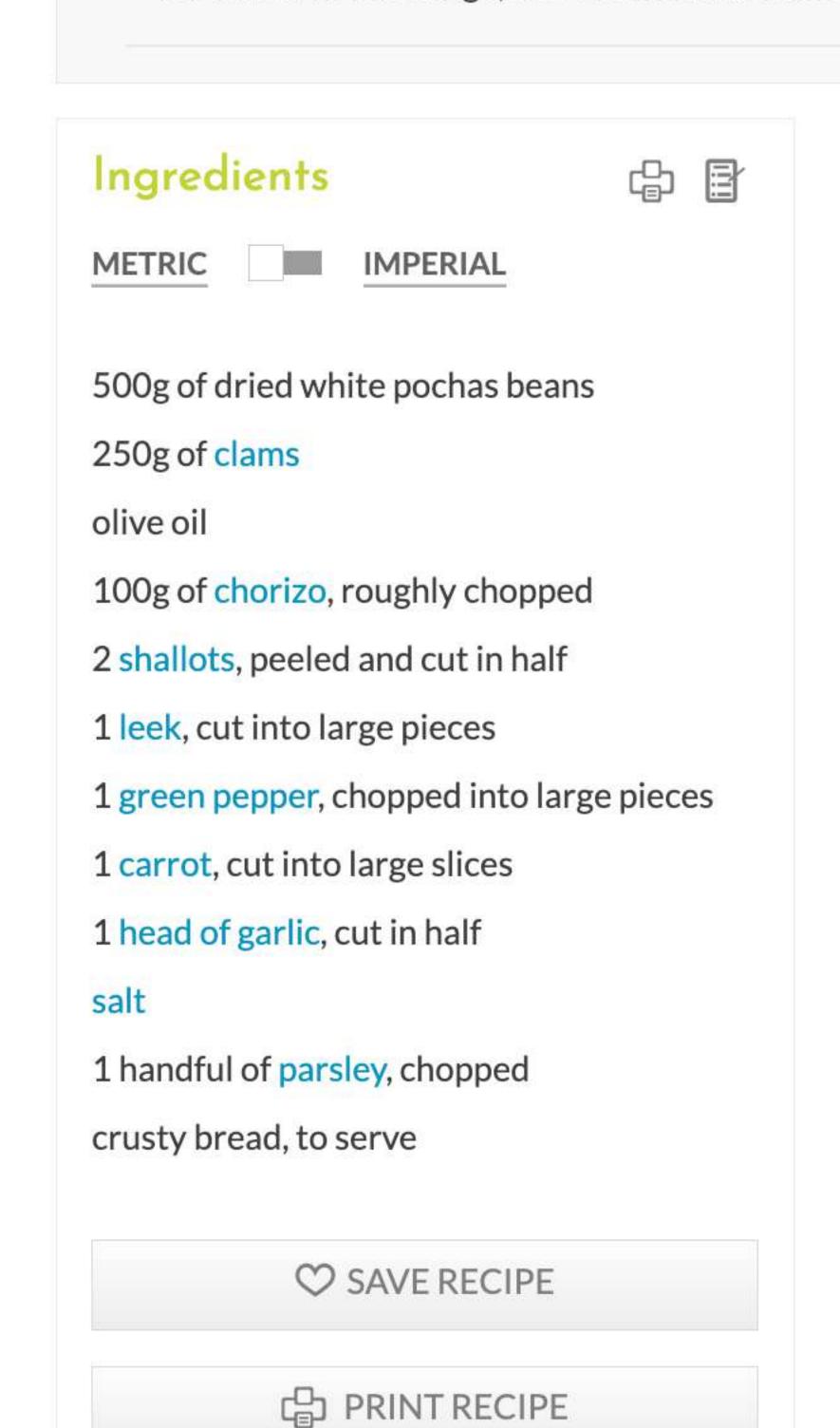
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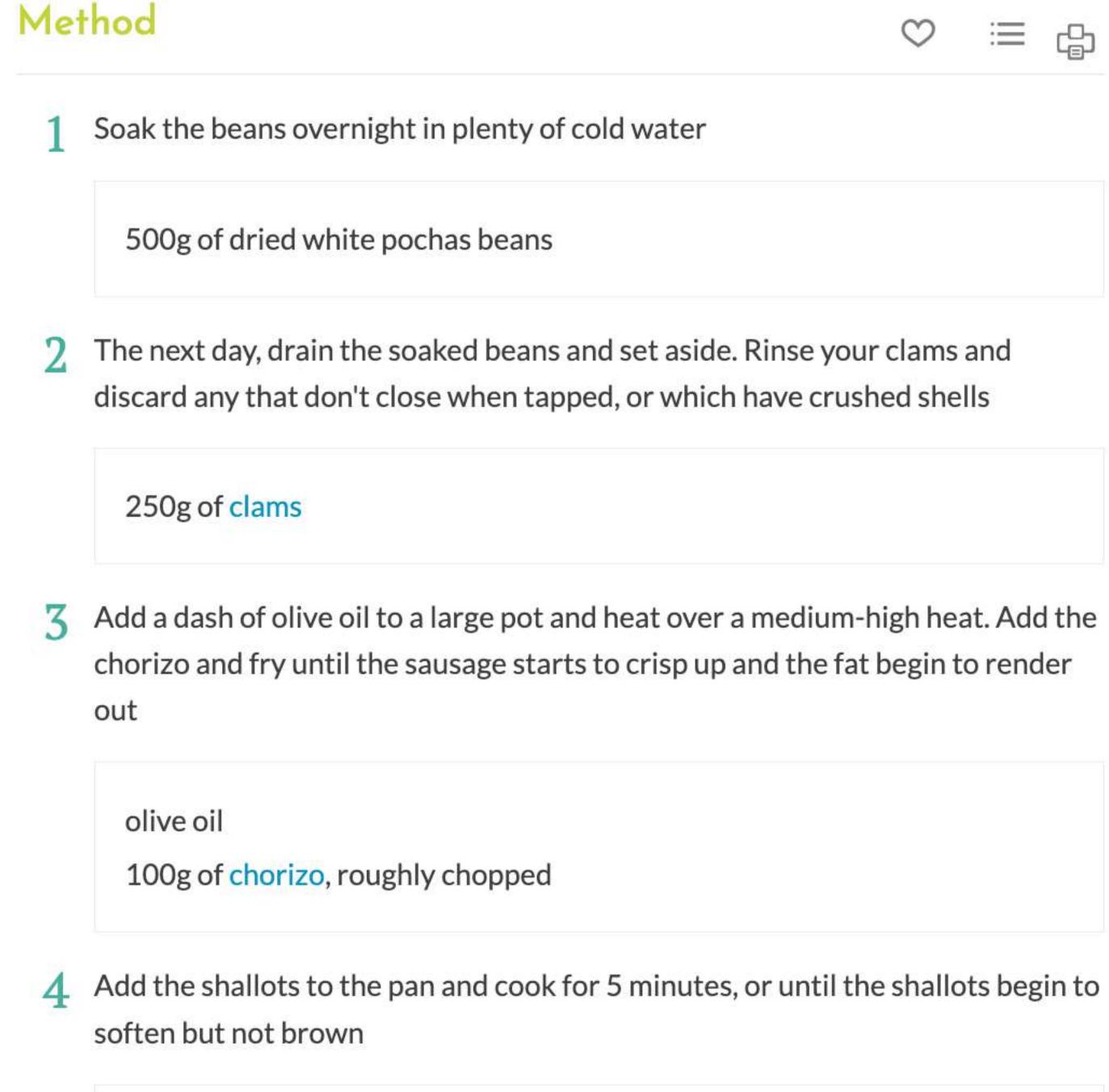
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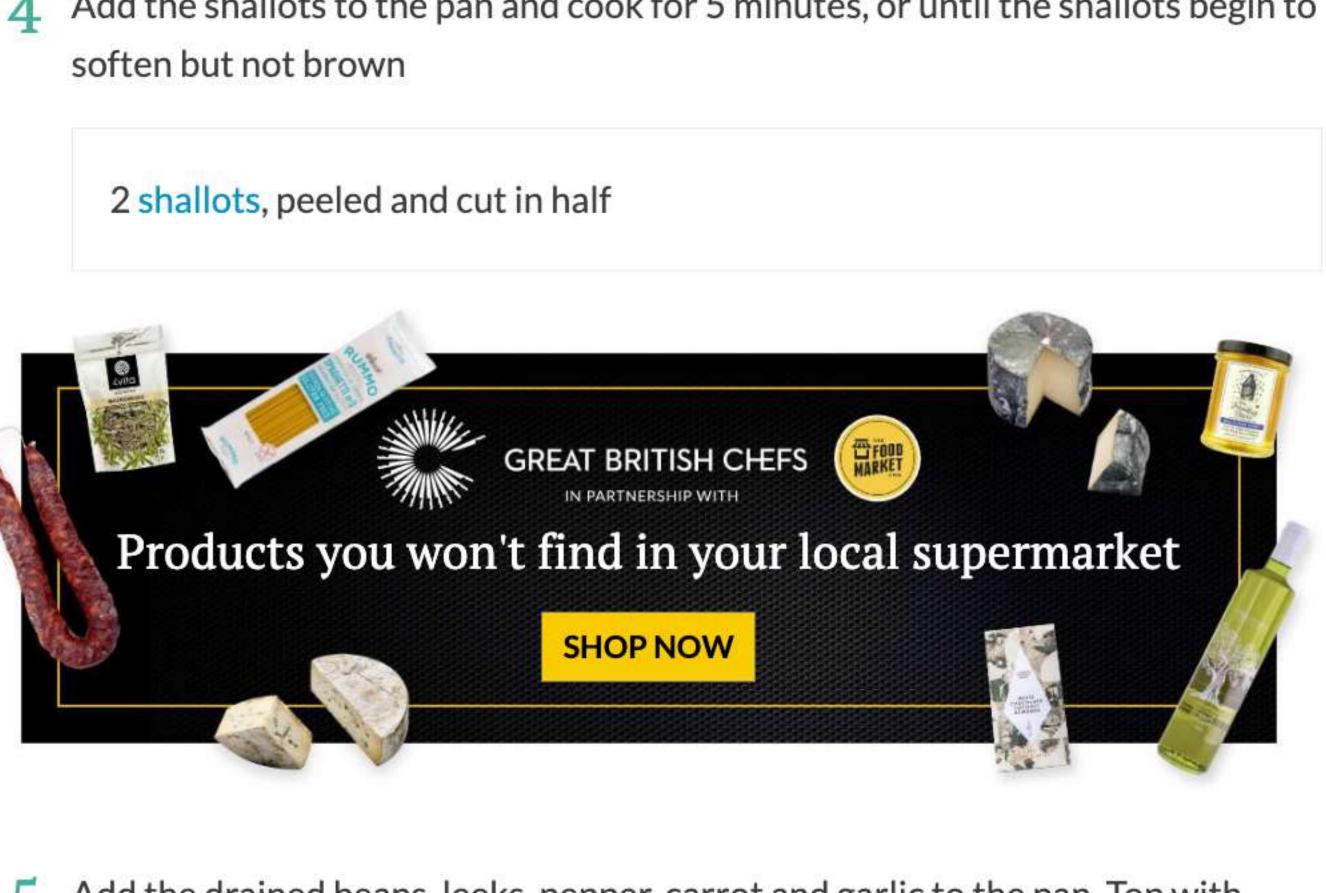
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Most live clams bought at the supermarket have already been purged of sand, but if you buy them from a fishmonger you'll need to do this at home. Simply dissolve 2 tbsp table salt in 1 litre of water, and then pour this over the clams. Let them purge for 1 hour in the fridge, and then lift the clams out of the sandy, salty water. Rinse them, and then use as normal in the recipe.



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- Add the drained beans, leeks, pepper, carrot and garlic to the pan. Top with enough water to cover, then bring the water to a boil. Turn down the heat to low and simmer gently for 30 minutes, taking care not to let the pan boil
 - 1 leek, cut into large pieces
 - 1 green pepper, chopped into large pieces 1 carrot, cut into large slices

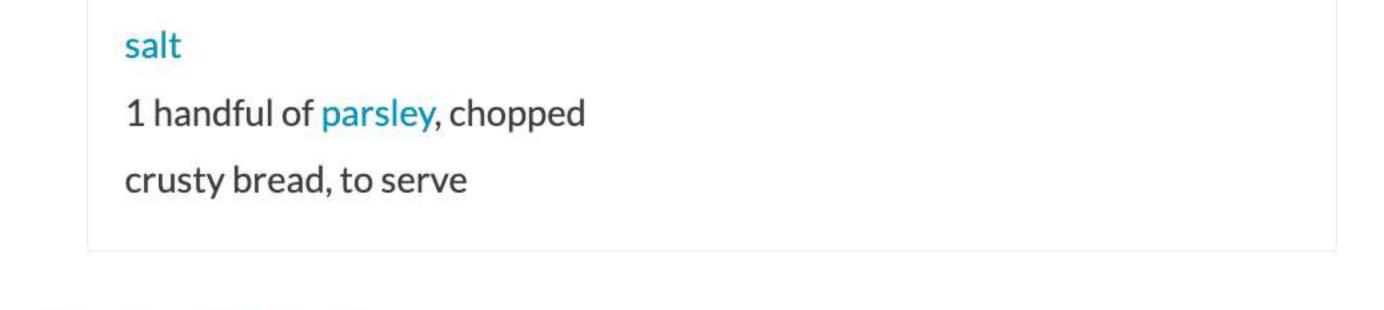
 - 1 head of garlic, cut in half

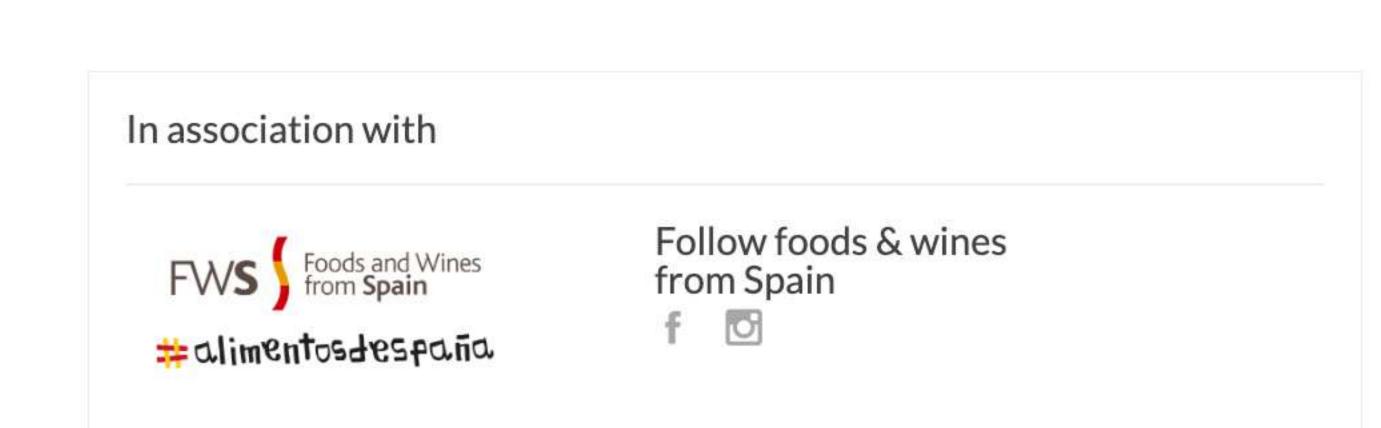
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- Remove the veg and garlic from the pot. Squeeze the garlic out of its skin into the jug of a blender along with the rest of the vegetables. Blend the vegetables until smooth, adding a dash of water if needed, then add the puree back to the beans
- clams until they open, about 3-5 minutes. Discard any which stay closed

Bring the broth back to a simmer, and then add the clams and cover. Cook the

Season the soup with salt to taste then top with parsley and serve with some crusty bread







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