

## Toheroa Soup (New Zealand)

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*Toheroa (in the Māori language) is a large bivalve mollusk of the family Mesodesmatidae, endemic to New Zealand. It is found in both the North and South Islands, but the main habitat is the west coast of the North Island. The toheroa is a very large shellfish with a solid white, elongated shell with the apex at the middle. The toheroa has been an extremely popular seafood, often made into soup, for which it has an international reputation. However it was over-exploited in the 1950s and 1960s resulting in severe restrictions on gathering. Toheroa soup is a favorite with Jock (Chief of Clan Davidson) and Mary Davidson and is discussed at length in Jock's Early Life Memoirs as published on the Clan Davidson Society (USA) website [www.clandavidsonusa.com].*

1	dozen large toheroa	1 cup	fresh cream
1 oz	butter	1 oz	flour
3 quarts	milk		salt and pepper to taste
1	egg	1 tsp	lemon juice
2	medium onions		



- 1 Mince finely the prepared toheroa. Follow with the onions through the mincer.
- 2 Heat the butter, slowly add the flour, stirring well until a smooth white roux (paste) is developed.
- 3 Slowly add the milk, continue stirring and bring to the boil.
- 4 Add toheroa, onion mixture, salt and pepper to taste, and simmer for at least two hours.
- 5 Strain through a fine sieve.
- 6 Before serving, add the lemon juice and cream and pour into warmed bowls or plates.

### Source

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Author: From the website: [www.nzhistory.net.nz/](http://www.nzhistory.net.nz/)