

Clams (Fish & Seafood)

Interesting facts: Clams are one of the most sustainable seafood resources in the U.S. It takes 3-4 years for a clam to mature to market size. Clams and oysters are rich in iron. Seafood also contains special long-chain omega-3 fats that go by the names eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

How to select: Buy only live clams. Do a “tap test” at the store: live clams, close up when the shell is tapped. If they don’t close, don’t buy them. And if they don’t pass the test once you get home, discard them. Organizations promoting sustainable aquaculture and listing companies adhering to their specific guidelines include [Clean Fish](#) and the [Marine Stewardship Council](#). Before you shop, download a pocket seafood guide from the nonprofit [Environmental Defense Fund](#) or [Monterey Bay Aquarium](#) to help steer you toward environmentally friendly and safe seafood choices. Seek out those that are higher in omega-3s and lower in mercury. May be purchased canned.

How to clean and store: Store live clams in a cold (32 to 35 degree Fahrenheit) refrigerator in an open container, covered with a moist cloth or paper towels. Kept in this manner, live clams should remain fresh for two to three days. Do not put live clams in an airtight container or submerge them in fresh water; either will kill them.

If shucked, clams should look plump, be submerged in their own clear liquid, and smell fresh with no fishy or ammonia odor. Shucked clams should be stored in a tightly sealed container immersed in their own liquor. Kept in the refrigerator, they will remain fresh for up to three days. Shucked clams can also be frozen. Clean and wash the meat thoroughly, then drain and pack in freezer containers, leaving 1/2-inch headspace. Use within three months. When ready, thaw frozen clams in the refrigerator for six hours. Shucked clams are also available canned or already frozen.

How to prepare and cook: Steamed, Chowder

Recipe ideas:

Steamed: Steam the shellfish in a flavorful liquid: Slowly simmer 2 cups dry white wine, 3 finely chopped shallots, 2 sprigs fresh thyme (or 1/2 teaspoon dried), and 1 bay leaf in an 8-quart pot for 5 minutes. Add 4 pounds scrubbed mussels or clams, cover the pot, and turn the heat to high.

Chowder: In a stock pot on medium high melt 2 tablespoons butter and sauté 1 chopped organic onion, 2 minced cloves of garlic for 2-3 minutes: add ½ teaspoon dried thyme and cook 1 minute. Add 3 tablespoons coconut flour until lightly browned, gradually whisk in 1 cup milk (may use coconut milk), 1 cup vegetable broth, 2 (6.5 ounce) clams (juice only) reserve clams to add later and 1 bay leaf. Whisk until slightly thickened about 1-2 minutes. Add 2 organic potatoes, bring to a boil and then reduce heat to simmer for 12-15 minutes. Stir in 1 cup half and half (may use coconut cream) and clams and heat through, about 1-2 minutes. Season with ½ teaspoon salt and pepper. Serve immediately. May garnish with cooked bacon crumbled on top and parsley.