

## Hard Clams



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### Seafood Safe Handling Tips

- When shopping, purchase seafood last and keep it cold during the trip home.
- Keep raw and cooked seafood separate to prevent bacterial cross-contamination.
- After handling raw seafood, thoroughly wash knives, cutting surfaces, sponges and hands with hot, soapy water.

### Buying and Storing Tips

- Clams should have a mild sea breeze odor and shells should be free of cracks.
- Clams should never be exposed to sudden temperature change. Do not place live clams directly on ice or immerse in water for storage purposes.
- Store at a constant 41 degrees in the refrigerator in a container with the lid slightly open. They will remain alive for up to seven days. Drain excess liquid daily.
- Live clams should close tightly when shell is tapped. Discard clams that do not close.
- Shucked clams will keep up to seven days in the refrigerator.

### Cooking Tips

- Rinse live clams thoroughly under cold running water prior to cooking.
- Clams become plump and opaque when thoroughly cooked.
- Easy grilling: Place clams about 4 inches from hot coals. Grill for approximately 10 minutes or until clams open.
- Easy oven roasting: Place clams on a baking sheet on the middle rack. Roast at 350 degrees for 10 minutes or until clams open.
- Serve roasted, steamed and grilled clams in shells with melted butter or a sauce.

### How Much to Buy

- 6 to 10 whole clams per serving depending on size.

Two commercially important types of clams are harvested in Florida, the northern quahog (*Mercenaria mercenaria*) and the southern quahog (*Mercenaria campechiensis*). Hard clams, mostly of the *Mercenaria mercenaria* variety, are farmed-raised in Florida on leased coastal water bottoms in several east and west coast counties. Seed clams are planted under nets or in mesh bags and monitored until they reach market size in 1 to 1½ years. Hard clams are also wild-caught in Florida's coastal waters.

Nutritional Value Per Serving: For approximately 4 ounces (114 grams) of raw, edible portions: Calories 60, Calories from Fat 10, Total Fat 1g, Saturated Fat 0g, Trans Fatty Acid 0, Cholesterol 65mg, Total Carbohydrates 3g, Protein 10g, Omega 3 Fatty Acid 0.10g

### Clam Sizes

Middleneck, littleneck and pasta are names related to the size of the clam. The number per pound and hinge size below is approximate:

• Middleneck	7-9 per pound	1 ¼ inch hinge
• Littleneck	10-13 per pound	1 inch hinge
• 7/8 Inch	14-18 per pound	7/8 inch hinge
• Pasta	18-25 per pound	¾ inch hinge

Mislabeled seafood is illegal. If you believe a seafood product purchased from a seafood retail store or supermarket seafood counter is mislabeled, please contact the Florida Department of Agriculture and Consumer Services at (850) 617-7280.

Always ask for Florida seafood and look for the "Fresh From Florida" logo.

[FreshFromFlorida.com/Seafood](http://FreshFromFlorida.com/Seafood)



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## Oven Roasted Clams with Herb Butter

### Ingredients

- 4 Dozen littleneck clams, rinsed well
- 4 Tablespoons butter
- 2 Tablespoons olive oil
- ½ Cup white wine
- 3 Cloves garlic, minced
- 2 Tablespoons fresh parsley, chopped
- ½ Teaspoon fresh oregano, chopped

### Preparation

Preheat oven to 350 degrees. Place clams in a baking pan with sides on middle rack of oven. Roast for approximately 10 minutes checking every few minutes for clams that have popped open.

Carefully remove open clams to a serving dish, reserving juices in shell. Keep warm.

While clams roast, melt butter in medium pan. Add olive oil, wine, garlic, parsley and oregano and bring to simmer. Spoon herb butter over cooked clams and serve.

### Yield

4 servings

## Florida Clams Casino

### Ingredients

- 4 Slices lean bacon, chopped fine
- ½ Cup onion, chopped
- 1 Large clove garlic, minced
- ½ Cup red bell pepper, finely diced
- ½ Cup green bell pepper, finely diced
- ¼ Teaspoon dried oregano, crumbled
- 1 Tablespoon olive oil
- 1 Teaspoon wine vinegar
- 1 Tablespoon Parmesan cheese, freshly grated
- 12 Middleneck clams, shucked (reserve bottom shells)
- Rock salt for lining the pan and platter
- Sea salt and fresh ground pepper to taste

### Preparation

In a heavy skillet, cook chopped bacon over medium heat until browned. Remove to absorbent paper to drain. Wipe skillet clean. Over low heat, cook onion, garlic, bell peppers and oregano in olive oil until peppers are crisp-tender. Transfer the mixture to a small bowl. Stir in chopped bacon, vinegar, Parmesan cheese, salt and pepper to taste. In a jellyroll pan filled with a layer of rock salt to balance the shells, arrange clam meat on the reserved shells. Top each clam with the bell pepper mixture. Bake in a preheated 400-degree F oven for 12 to 15 minutes until cooked through. Serve clams on a platter lined with a layer of rock salt. Note: Bell pepper mixture may be made 1 day in advance and kept covered and chilled.

### Yield

2 servings as an appetizer

## Florida Clam Scampi

### Ingredients

- 4 Tablespoons butter
- 2 Tablespoon olive oil
- 4 Cloves garlic, minced
- 2 Dozen hard clams, rinsed well
- 1 Cup fresh parsley, chopped
- 2 Tablespoons lemon juice
- 2 Teaspoons lemon juice
- Sea salt and fresh ground pepper to taste
- ½ Cup dry white wine
- ¼ Cup sun-dried tomatoes
- 1 Pint grape tomatoes, halved
- 8 Ounces spinach fettuccine, cooked

### Preparation

Melt butter with oil in medium skillet over medium heat. Add garlic, cook and stir one minute. Add clams, cook and stir five minutes. Add parsley, lemon juice, salt, pepper and wine. Continue steaming, stirring occasionally, until clams open. Stir in tomatoes and serve over fettuccine.

### Yield

4 servings