

## Seafood Safe Handling Tips

- 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.
- Purchase seafood last and keep it cold during the trip home.

## 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° F 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° F for 10 minutes or until clams open.
- Easy microwave steaming:** Arrange clams around the outer circle of a pie plate; cover with plastic wrap. Leaving a vent and cook 2-5 minutes or until shells open. Rotate dish halfway through cooking time.
- Serve roasted, steamed and grilled clams in shells with melted butter or a sauce.

## Florida Hard Clams

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 1 1/2 years. Hard clams are also wild-caught in Florida's coastal waters. Florida hard clams are harvested year round.

**Characteristics:** The extra lean meat is firm textured and rich with sweet to slightly salty flavor.

**Substitutes:** Scallops, oysters.

**How Much to Buy:** 6 to 10 whole clams per serving depending on size.



Grilled Florida Clams

## 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 1/4 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	3/4 inch hinge



Always ask for Florida seafood and look for the **Fresh from Florida** or **From Florida** logos on signs, brochures and packaging in your supermarket or seafood market. Florida's seafood industry is dedicated to supplying wholesome, nourishing and affordable seafood products. **Fresh from Florida** seafood information, recipes and brochures can be found at [www.FL-Seafood.com](http://www.FL-Seafood.com).

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DACS-P-01419  
Rev. 04-2008

## FLORIDA SEAFOOD Recipes

# Hard Clams



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Florida Department of Agriculture and Consumer Services

# Florida Clam Scampi with Fettuccine



- 4 tablespoons butter
- 2 tablespoons olive oil
- 4 Florida garlic cloves, minced
- 2 pounds Florida hard clams, rinsed well
- 1/2 cup fresh Florida parsley, chopped
- 2 teaspoons Florida lemon juice
- salt and pepper to taste
- 1/2 cup dry white wine
- 1/4 cup sun-dried tomatoes
- 1 large Florida tomato, diced
- 8 ounces spinach fettuccine, cooked

Melt butter with oil in medium skillet over medium heat. Add garlic; cook and stir 1 minute. Add clams, cook and stir 5 minutes. Add parsley, lemon juice, salt, pepper and wine. Cook 2 minutes, stirring occasionally, until clams open. Stir in tomatoes and serve over fettuccine.  
Yield: 4 servings

Nutritional Value Per Serving: Calories 313, Calories From Fat 122, Total Fat 14g, Saturated Fat 6g, Trans Fatty Acid 0, Cholesterol 35mg, Total Carbohydrate 33g, Protein 12g, Omega 3 Fatty Acid 0.10g

# Wine-Steamed Clams

- 2 dozen Florida littleneck clams, rinsed well
- 2 cups white wine
- 1 small Florida red onion, sliced
- 2 tablespoons Florida garlic, chopped
- 2 teaspoons fresh ginger, chopped
- 1 tablespoon fresh Florida cilantro, chopped
- 2 bay leaves
- 1 teaspoon whole black peppercorns
- 1/4 cup butter
- 1/4 cup Florida lemon juice

Place all ingredients except clams in a large sauce pan. Simmer on medium heat for 3 minutes; add clams and cover. Simmer until clams open, stirring frequently. Transfer clams to a large bowl. Boil remaining liquid until reduced to 1 cup. Pour broth over clams and serve.  
Yield: 4 servings

Nutritional Value Per Serving: Calories 241, Calories from Fat 104, Total Fat 12g, Saturated Fat 8g, Trans Fatty Acid 0, Cholesterol 48mg, Total Carbohydrates 8g, Protein 8g, Omega 3 Fatty Acid 0.08g



# Florida Clams Casino

- 4 slices lean bacon, chopped fine
- 1/2 cup Florida onion, chopped
- 1 large Florida garlic clove, minced
- 1/2 cup Florida red bell pepper, finely diced
- 1/2 cup Florida green bell pepper, finely diced
- 1/4 teaspoon dried oregano, crumbled
- 1 tablespoon olive oil
- 1 teaspoon wine vinegar
- 1 tablespoon Parmesan cheese, freshly grated
- 12 middleneck Florida clams, shucked (reserve bottom shells)
- rock salt for lining the pan and platter
- salt and pepper to taste

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 black 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° 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

Nutritional Value Per Serving: Calories 528, Calories from Fat 390, Total Fat 42g, Saturated Fat 12g, Trans Fatty Acid 0, Cholesterol 84mg, Total Carbohydrates 12g, Protein 24g, Omega 3 Fatty Acid 0.36g



# Red Sunset Clam Chowder

- 2 bacon slices, cut into 1/2-inch squares
- 1/3 cup Florida onion, chopped
- 3 tablespoons green Florida bell pepper, diced
- 3 tablespoons Florida celery, diced
- 2/3 cup Florida potato, peeled and diced
- 1 8-oz bottle clam juice
- 1 cup canned, diced tomatoes, with juice
- 1 1/2 dozen littleneck Florida clams, rinsed well
- 2 tablespoons fresh Florida parsley, chopped
- salt and pepper to taste

Cook bacon in a 3-quart heavy saucepan over medium heat until golden. Reduce heat to low. Add onion, bell pepper, and celery and cook until softened, about 5 minutes. Stir in potato, clam juice, and tomatoes; cover and simmer 10 minutes. Add clams; cover and simmer 8 to 10 minutes, stirring occasionally, until clams open. Discard any clams not open after 10 minutes. Move pan off heat. Remove clams with tongs reserving a few clams in the shell for garnish. Detach clam meat from remaining shells and return meat to chowder. Stir in parsley, salt and pepper to taste.  
*Note: The chowder (without the clams and parsley) can be made 1 day ahead. Bring chowder to a simmer then add clams and proceed as directed.*  
Yield: 4 servings

Nutritional Value Per Serving: Calories 308, Calories from Fat 99, Total Fat 11g, Saturated Fat 3g, Trans Fatty Acid 0, Cholesterol 90mg, Total Carbohydrates 19g, Protein 33g, Omega 3 Fatty Acid 0.39g

