




Wine Steamed Florida Clams with Orange Cream Sauce

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- 36 Florida littleneck clams in-the-shell
- 2 cups white wine
- 1/2 cup dairy sour cream
- 3 tablespoons Florida orange juice
- 1 teaspoon prepared horseradish
- 1 teaspoon grated Florida orange peel
- Rock salt
- 2 tablespoons caviar, red or black (garnish)


Place well scrubbed clams and wine in a large saucepan; simmer on medium heat until clams open. Remove clams from pan, let cool. With a knife or spoon loosen meat and leave in the shell. Combine sour cream, orange juice, horseradish and orange peel; mix well. Place 1/4 teaspoon of sauce on each clam and arrange on a tray of rock salt to serve. Place tray in the refrigerator and chill. Garnish with caviar and serve. Yield: 6 servings.

 *Calories 60, Calories From Fat 30, Total Fat 4g, Saturated Fat 2.5g, Cholesterol 30mg, Sodium 110mg, Carbohydrate 2g, Protein 4g, Vitamin A 4% DV*, Vitamin C 6% DV*, Calcium 6% DV*, Iron 6% DV*.*

Florida Steamed Clams

- 2 dozen Florida littleneck clams in-the-shell
- 1 cup dry sherry
- 1/2 cup chopped Florida green onions
- 2 teaspoons chopped Florida garlic
- 2 teaspoons fresh chopped ginger

Wash clams thoroughly under cold running water and set aside. Place all ingredients except clams in a large sauce pan. Simmer on medium heat for three minutes; add clams and cover. Simmer until clams open; remove clams to a large bowl. Simmer remaining liquid until it is reduced to 3/4 cup. Pour liquid over clams and serve. Yield: 4 servings.

 *Calories 60, Calories From Fat 0g, Total Fat 0g, Saturated Fat 0g, Cholesterol 5mg, Sodium 35mg, Carbohydrate 3g, Protein 2g, Vitamin A 0% DV*, Vitamin C 2% DV*, Calcium 4% DV*, Iron 6% DV*.*



Florida Steamed Clams

** Please note on all recipes that DV refers to Daily Value.*




Florida Clams in Basil Garlic Pasta

Florida Clams in Basil Garlic Pasta

- 2 dozen Florida littleneck clams in-the-shell
- 2 cups diced Florida tomatoes
- 3/4 cup chopped Florida green onions
- 1/2 cup finely chopped fresh basil
- 1 tablespoon finely chopped Florida garlic
- 1 tablespoon olive oil
- 1/2 teaspoon black pepper
- 2 cups cooked tri-color pasta

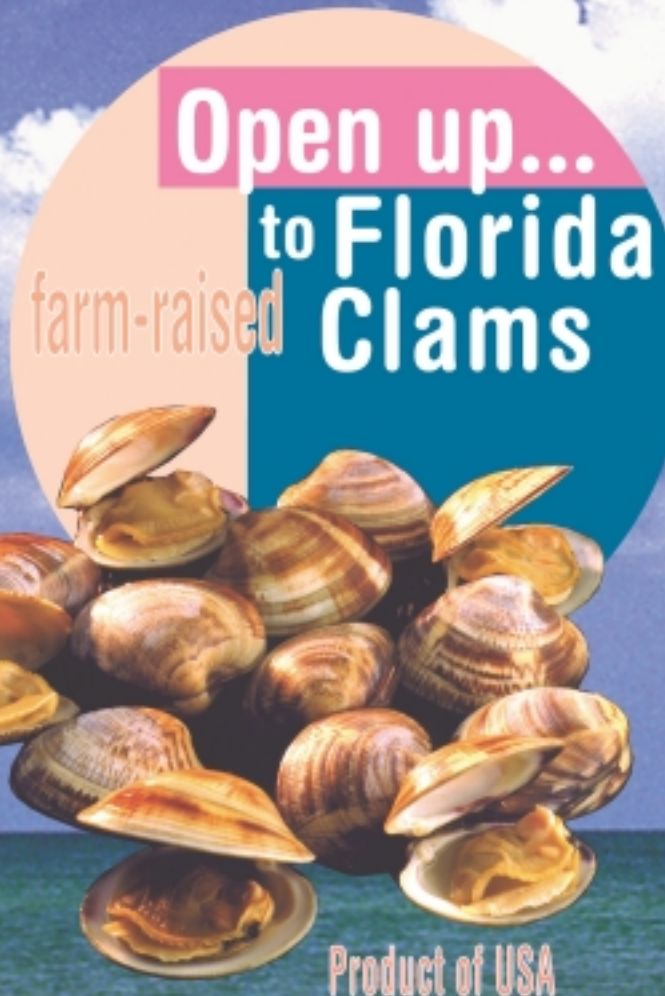
Wash clams thoroughly under cold running water and set aside. Combine tomatoes, onions, basil, garlic, oil and pepper in large sauce pan. Place clams on top of mixture and simmer on medium heat until clams open. Add pasta and mix thoroughly. Yield: 4 servings.

 *Calories 170, Calories From Fat 40, Total Fat 4g, Saturated Fat 0.5g, Sodium 40mg, Carbohydrate 27g, Protein 7g, Vitamin A 8% DV*, Vitamin C 10% DV*, Calcium 6% DV*, Iron 15% DV*.*

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Open Up to Florida Clams...

Clams are delicious when steamed, grilled, roasted or cooked in the microwave. Cooking times will vary according to clam size and recipe; however, when the shell opens the clam is ready to eat. Clam names, such as middle neck, little neck and pasta, refer to the size.

Purchase live clams that are tightly shut or will close when tapped lightly on the shell. The clam is alive if it closes, if it does not close discard it. Live clams in-the-shell will remain live up to seven days in the refrigerator when stored between 38 and 40 degrees F in a container with a slightly open lid. Drain excess liquid daily. Clams can be shucked and stored in an airtight container in the refrigerator up to seven days.

Live clams can be frozen in home freezers with very good results. Put live clams in a heavy freezer bag, push out excess air and seal. Put the bag on a freezer rack with top and bottom circulation until clams are frozen throughout, approximately two hours at zero degrees F. They will maintain quality in home freezers up to three months. Clams do not have to be thawed, use directly from freezer.

Remember to label and date the bags.

Most recipes allow unshucked clams to open during cooking. To shuck a raw clam, hold it in the palm of one hand with the shell's hinge against the palm. Insert a "clam knife" between the shell halves at the front of the clam, twisting the knife slightly to open. Separate both muscles from the two halves of the shell.


Farm-raised clams are cultivated in a natural marine environment and will sometimes have a salty taste. Due to this natural taste, you may not need to add salt to recipes using farm-raised clams. Salt has not been added to the recipes in this brochure.



Florida Clam Stew

- 1-1/2 dozen Florida littleneck clams in-the-shell
- 1-1/2 pounds Florida shark, swordfish or other Florida fish
- 2 tablespoons olive oil
- 1 cup chopped Florida onion
- 1 teaspoon chopped Florida garlic
- 1 28-ounce can diced tomatoes
- 1 6-ounce can tomato paste
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh arugala
- 2 teaspoons paprika
- 1/4 teaspoon black pepper
- 1 cup dry white wine

Wash clams under cold running water and set aside. Cut fish into 1 inch pieces; set aside. Heat oil in large sauce pan over medium heat. Add onion and garlic; cook until tender. Add tomatoes, tomato paste, basil, arugala, paprika and pepper. Cover and bring to a boil; reduce heat and simmer for 10 minutes, stirring occasionally. Add wine, clams and fish. Cover and simmer on medium heat until clams open. Remove clam meat from shells and return to stew; discard the shells. Mix thoroughly and serve. Yield: 6 servings.

 *Calories 270, Calories From Fat 80, Total Fat 9g, Saturated Fat 2g, Cholesterol 50mg, Sodium 360mg, Carbohydrate 14g, Protein 27g, Vitamin A 15% DV*, Vitamin C 10% DV*, Calcium 6% DV*, Iron 20% DV*.*

Florida Clams on the Grill

Wash clams thoroughly under cold running water and place on grill about 4 inches from hot coals. Roast for approximately 10 minutes or until clams open. Serve in shells with melted butter or a favorite sauce.

Oven Roasted Florida Clams

Wash clams thoroughly under cold running water. Place on a baking sheet in the oven on the middle rack. Roast at 350 degrees for approximately 10 minutes or until clams open. Serve in shells with melted butter or a favorite sauce.




Poached Florida Fillets with Herbed Clam Sauce

Florida Clam Spread

- 3 dozen Florida littleneck clams, steamed and removed from the shells (Reserve juice from steamed clams)
- 1/4 cup Florida blue crab meat
- 8 ounces cream cheese, softened
- 1/2 cup reserved Florida clam juice (add water to juice to make 1/2 cup)
- 1/4 cup minced Florida onion
- 2 tablespoons grated Romano cheese
- 1 teaspoon minced Florida garlic
- 1 teaspoon Florida lime juice
- 1 loaf round bread

Wash clams thoroughly under cold running water and set aside. Combine all ingredients except bread. Chill for at least one hour. Hollow out center of the bread loaf to hold clam mixture. Serve with cut fresh vegetables or crackers. Yield: 3-1/2 cups.

 *Calories 25, Calories From Fat 15, Total Fat 2g, Saturated Fat 1g, Cholesterol 10mg, Sodium 40mg, Carbohydrate 0g, Protein 1g, Vitamin A 2% DV*, Vitamin C 0% DV*, Calcium 2% DV*, Iron 0% DV*.*
Nutritional value based on one tablespoon.


* Please note on all recipes that DV refers to Daily Value.

Poached Florida Fillets with Herbed Clam Sauce

- 1-1/2 pounds Florida tilefish or grouper fillets or other firm-fleshed Florida fish
- 3 dozen Florida littleneck clams, in-the-shell
- 1/2 pound Florida shrimp, peeled and deveined
- 1 cup dry white wine
- 1 cup water
- 1 cup sliced Florida onion
- 1/2 cup heavy whipping cream
- 1/2 teaspoon white pepper
- 1/2 teaspoon marjoram
- 1/2 teaspoon savory
- 1/2 teaspoon thyme
- 2 tablespoons chopped onions

Cut fillets into serving size portions. Wash clams and shrimp under cold running water and set aside. Combine wine, water and onion in a large sauce pan and simmer for 5 minutes. Add clams and shrimp; cover and steam for approximately 5 minutes or until clams open. Remove clams and shrimp. Let clams cool, then remove meat from shells. Set clam meat and shrimp aside.

Strain cooking liquid into large skillet. Add fillets, cover and simmer on medium heat for 8 to 10 minutes or until fish flakes easily when tested with a fork. Transfer fish to platter and keep warm. Simmer remaining liquid until it is reduced to approximately 3/4 cup. Stir in whipping cream, pepper, marjoram, savory and thyme; simmer until sauce thickens slightly. Add clam meat, shrimp and onions; heat. Serve sauce over fillets. Yield: 6 servings.

 *Calories 260, Calories From Fat 90, Total Fat 10g, Saturated Fat 5g, Cholesterol 140mg, Sodium 420mg, Carbohydrate 4g, Protein 31g, Vitamin A 10% DV*, Vitamin C 6% DV*, Calcium 20% DV*, Iron 15% DV*.*