

## **LITTLENECK CLAMS (*Austrovenus stutchburyi*)**

New Zealand Littleneck clams have been exported to a dozen countries for over twenty five years. These carefully managed wild stocks are harvested in the brilliantly clear unpolluted waters of our Southern Pacific Ocean, on the Otago coast, and comply with the New Zealand government, USFDA and EU standards.

Nutrition (per 100 g):  
calories 46; cholesterol 30 mg;  
protein 7.6 mg; iron 5 mg; fat 0.9 g;  
sodium 716 mg; Omega 3 0.1 g;  
calcium 51 mg.

### **STORAGE**

Kept in a well drained container, clams will remain fresh 12 days chilled at 2° to 4° C.

**Do not store under water.**

### **COOKING CLAMS**

Scrub shells under running water to rid them of any sand. Discard any shellfish which gape and do not respond when tapped. Place clams in a large pot over high heat, cover and steam until all shells are open. Shake the pot once or twice during cooking or move the clams around with a wooden spoon. This should only take a few minutes, as clams need very little cooking if they are to remain tender. Keep the juices and strain or decant before using. Clams being naturally salty, there is no need to add salt. Proceed with recipe.

## **CREAMY CLAM CHOWDER**

serves 4

- 1.5 - 2 kg Southern Clams • 4 cups peeled potatoes, diced
- 1 cup water • freshly ground black pepper
- 100 g bacon, diced • 1 cup cream
- 1 Tbsp butter • 3 cups milk
- 2 onions, diced
- Garnish: Paprika, chopped parsley • 1 Tbsp flour
  - or coriander

Scrub the clams thoroughly and put them in a large saucepan with the water. Cover tightly and steam until the clams open. Strain liquid and make up to 4 cups with water. Remove clams from the shells and chop coarsely.

In a large saucepan, sauté bacon in butter until crisp. Remove bacon and keep for a topping.

Add onions to saucepan and sauté until transparent. Add flour and cook for a minute or so, stirring constantly. Add diced potato, pepper, and clam liquid.

Cover and simmer 15-20 minutes, until potatoes are tender. Purée the potatoes at this stage if you want a smooth chowder rather than a chunky one. Add cream, milk, and clams. Reheat but do not boil. Add more seasoning if necessary.

Serve hot, topped with cooked bacon and sprinkled with garnish.

# WOK FRIED CLAMS

serves 4

- 1.5 - 2 kg Southern Clams
- 3 Tbsp olive oil
- 1 green or red pepper, finely sliced
- about 2 cups of broccoli or french beans finely sliced
- 1 small red chilli, deseeded and finely sliced
- 1 tsp root ginger, grated
- 2 cloves garlic, crushed
- 1 tsp cornflour dissolved in a little cold water
- 2 tsp soy sauce
- 1/2 cup white wine or verjuice
- freshly ground black pepper

Scrub the clams thoroughly.

Heat the oil in a wok. Stir fry clams until shells spring open. Remove from wok, saving 4 Tbsp of juices from the wok.

Stir fry vegetables, then add soy sauce, wine and spices. Replace the clams and the rest of the juices. Bring to the boil and thicken with the cornflour. Garnish and serve on a bed of rice or pasta. Clams being naturally salty, there is no need to add salt.

# CLAMS MARINIÈRE

serves 4

- 1.5 - 2 kg Southern Clams
- 1 medium onion, finely chopped
- 2 cloves garlic, crushed
- 1/2 cup of fresh parsley, finely chopped
- 1 bay leaf (optional)
- 1/2 cup dry wine
- 1 Tbsp butter
- freshly ground black pepper
- 1/4 cup cream

Scrub the clams thoroughly and place in a large saucepan with onion, garlic, three-quarters of the parsley, and the bay leaf.

Add wine and 1 Tbsp of butter, then grind a little black pepper on top. Cover tightly and steam until the clams open.

Remove the clams to a warm serving dish. Strain clam liquid and add extra pepper to taste.

Add cream and the rest of the parsley.

Reheat the clam sauce but do not boil. Pour the sauce over the clams and serve immediately as they are, or on a bed of rice or pasta. Clams being naturally salty, there is no need to add salt.