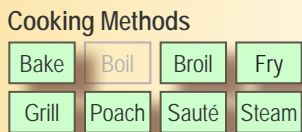
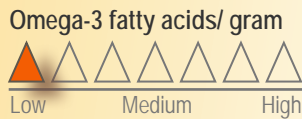


Clams

Chinese 蛤蜊
 Japanese クラム
 (アサリ/ハマグリ)

Manila clams, accidentally introduced in the 1930s, are now the major cultured species in BC.



Average Portion Size
 Approximately 75-100 grams
 (2.5-3.5 oz) per person

Nutritional Value
 Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	74.0
Total Fat (g)	1.0
Saturated Fat (g)	0.1
Protein (g)	12.8
Cholesterol (mg)	34.0
Sodium (mg)	56.0
Omega-3 (EPA & DHA)(g)	0.1

Canadian Nutrient File, Health Canada, 2007



Manila clams (left)
 Littleneck clams (centre and right)

How to Cook

The raw meat of clams is usually translucent and ranges in colour from ivory to golden brown. The texture is firm and resilient and the flavour is sweet and briny.

Choose clams that have a slight briny aroma and with intact shells that are tightly closed or snap shut when tapped. Shucked clams should have plump meat with clear liquid.

Do not store clams in fresh water as it will kill them. Live clams should be covered with a damp cloth and stored in an open box or sack in the refrigerator.

Before cooking, soak clams in cold water for 20 minutes to flush out sand and salt in the shells, and clean the shells with a brush. Cook whole clams for only a few minutes till the shells open. Cook gently to avoid toughening.

Clams are often used in pastas, paellas, chowders, and canapes.

Recipes

Stuffed Mushrooms with Clams

About ...

Four clam species are available in BC:

- Butter (*Saxidomus giganteus*)
- Littleneck (*Protothaca staminea*)
- Manila (*Tapes philippinarum*)
- Razor (*Siliqua patula*)

If harvesting from beach areas, individuals must first check for red tide closures as shellfish from red tide areas increases the risk of infection, especially in persons in high-risk health categories.



Stuffed Mushrooms with Clams

Availability

Available fresh

Jan	<p>Products</p> <p>Clams are available:</p> <ul style="list-style-type: none"> • Live-in-shell • Fresh meat • In-shell frozen • Canned meat • Smoked meat • Clam jerky
Feb	
Mar	
Apr	
May	
Jun	
Jul	
Aug	
Sep	
Oct	
Nov	
Dec	

Frozen products are available year-round