

Geoduck

Latin Name *Panopea abrupta*

Chinese 巨蚌

Japanese みるがい
(みる貝)

Geoduck (pronounced "goeey duck") has been dubbed the "elephant trunk clam" in Chinese

Flavour



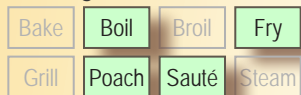
Texture



Omega-3 fatty acids/ gram

Information not available

Cooking Methods



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)	80.0
Total Fat (g)	0.5
Saturated Fat (g)	0.2
Protein (g)	17.0
Cholesterol (mg)	30.0
Sodium (mg)	300.0
Omega-3 (EPA & DHA)(g)	n/a

Canadian Nutrient File, Health Canada, 2007



How to Cook

Geoduck siphon meat has a sweet, fresh sea flavour and a crunchy texture. It is best when eaten either raw (in sushi or sashimi) or when very quickly cooked (as in a stir fry).

To prepare geoduck, cut off the siphon from the clam and blanch in boiling water for fifteen seconds to loosen the tough outer skin. Chill quickly in ice water and peel off the skin.

Split the siphon lengthwise in half and cut each piece of the siphon into paper thin slices on a sharp bias or as desired.

Geoduck toughens very quickly when cooked so a quick blanching in boiling water or sauce is all that is needed for best results. Dried body meat is sometimes used in the preparation of Chinese soup tonics.

Recipes

West Coast Seafood Salad with BC Geoduck

Geoduck Sautéed with Mixed Vegetables

About ...

Geoduck are the largest burrowing clams with a large, meaty, light beige-dark brown siphon extending from an oval shell.

Geoduck conservative quotas allows a total annual harvest of only 1.2% to 1.8 % of the estimated biomass of the animal.



West Coast Seafood Salad with Geoduck

Availability

Available fresh all year



Products

Geoduck is available:

- Live
- Flash-frozen and vacuum packed siphon meat
- Dried body meat

Frozen products are available year-round