

Clam, Hardshell (*Mercenaria mercenaria*)



COMMON NAMES

Hardshell Clam, Quahog

SEASONAL AVAILABILITY

Year-Round

PRIMARY PRODUCT FORMS

Fresh: Live, Meats

Frozen: IQF Halfshell, Whole Shell, Meats

Value-Added: Canned, Stuffed, Cakes

PRODUCT PROFILE

Flavor: 

Texture: 

COOKING TIPS

Enjoy littlenecks raw on the halfshell, fried or steamed. In soup, add minced clams at the simmer stage, steep for five minutes and serve. Cherrystones are sometimes eaten raw but more often are broiled, chopped for chowder or baked in dishes like clams casino. Large hardshells are stuffed or used in chowders, clam cakes and similar dishes. Whole, frozen clams must be served immediately upon thawing. If they are allowed to warm up, bacteria growth is rapid.

COOKING METHODS

- | | | |
|--|---|---|
| <input checked="" type="checkbox"/> BAKE | <input type="checkbox"/> GRILL | <input type="checkbox"/> SMOKE |
| <input type="checkbox"/> BROIL | <input checked="" type="checkbox"/> POACH | <input checked="" type="checkbox"/> STEAM |
| <input type="checkbox"/> FRY | <input checked="" type="checkbox"/> SAUTÉ | <input type="checkbox"/> BOIL |

DID YOU KNOW...

Cherrystones, topnecks and chowders are all names for hardshell clams that reflect their size? Topnecks are the third smallest of all hardshell varieties, and are young and tender. Cherrystone clams are five to six years old, while large chowder clams can be as much as 30 years old! Clams are harvested by hydraulic dredges, hand rakes and scissorlike tongs, then sold live in bags. While they can be found from the Gulf of Mexico to the Canadian Maritimes, the majority of the U.S. clam harvest is taken between Florida and Massachusetts.

GLOBAL SUPPLY



NUTRITIONAL FACTS

Serving size: 100g/3.5 oz.
AMOUNT PER SERVING

| | |
|---------------|-------|
| Calories | 60 |
| Fat Calories | 9 |
| Total Fat | 1 g |
| Saturated Fat | 0.2 g |
| Cholesterol | 40 mg |
| Sodium | 56 mg |
| Protein | 9.2 g |
| Omega-3 | 0.2 g |

If it swims we have it.

SEATTLE FISH CO^{EST. 1998}

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