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## Clam Recipes

### Easy Clam Chowder

#### Ingredients

- 2 tbsp (30 mL) butter or margarine
- ½ cup (125 mL) Each: diced celery and onion
- 2 ½ cups (625 mL) 2% milk
- 1 cup (250 mL) instant mashed potatoes
- 2 cans (142 g each) [Clover Leaf Baby Clams](#)
- 1 tbsp (15 mL) Worcestershire sauce
- ¾ tsp (4 mL) salt
- ¼ tsp (2 mL) hot pepper sauce
- 2 tbsp (30 mL) minced fresh parsley (optional)



#### Preparation

1. In large saucepan melt butter over medium heat; add celery and onion and sauté 2-3 minutes to soften.
2. Add milk; bring to boil. Reduce heat and stir in instant potatoes. Continue cooking, stirring constantly, 2-3 minutes or until slightly thickened.
3. Add clams with liquid, Worcestershire sauce, salt and hot pepper sauce; simmer 5-10 minutes, stirring occasionally, to blend flavours.
4. Serve garnished with parsley, if desired.

Makes 4 servings

**Nutritional Information per serving: Calories 270, Fat 11g, Sodium 1030mg, Carbohydrate 27g, Fibre 1g, Protein 19g.**

#### Variation:

Add 1 can (12 oz/341 mL) whole kernel corn, including liquid with clams



### Divine Clam Chowder

#### Ingredients

- 1 tbsp (15 mL) butter or margarine
- ¾ cup (175 mL) finely chopped onion
- 2 cups (500 mL) diced potatoes
- 2 cups (500 mL) water
- 2 tbsp (30 mL) brandy (optional)
- 2 cans (85 g each) [Clover Leaf Chopped Ocean Clams](#), undrained
- 1 2/3 cups (400 mL) half & half (10% M.F.) cream
- salt and pepper to taste

#### Preparation

Melt butter in a medium saucepan and sauté onion for about 5 minutes. Add potatoes, water and brandy. Bring to a boil and simmer, covered, for about 10 minutes or until potatoes are tender. Add Clover Leaf Chopped Ocean Clams with liquid and cream. Heat on low until hot. Do not boil. Garnish as desired. Serves 4-6.

For added colour, shape and retention of nutrients, use new potatoes and leave the skins on.

**Nutritional Information per serving: Calories 170, Fat 9g, Sodium 220mg, Carbohydrate 15g, Fibre 1g, Protein 7g.**



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## Clam Recipes

### New Orleans Seafood

#### Ingredients

- 2 tsp (10 mL) vegetable oil
- 2 slices bacon,
- 1 onion, chopped
- 1 green pepper, chopped
- 2 cloves garlic, minced
- 2 tsp (10 mL) each cumin and chili powder
- ¼ tsp (1 mL) each hot pepper flakes, allspice, salt and pepper
- 1 cup (250 mL) long grain rice
- 1 ½ cups (375 mL) each low sodium chicken broth and tomato juice
- 2 tbsp (30 mL) lemon juice
- 1 can (106 g) [Clover Leaf Cocktail or Medium Shrimp](#), drained
- 1 can (85 g) [Clover Leaf Chopped Ocean Clams](#)
- 1 can (120 g) [Clover Leaf Chunk Crabmeat](#), drained
- 2 tbsp (30 mL) each chopped fresh parsley and green onions



#### Preparation

1. Heat the vegetable oil in a large skillet set over medium heat. Add the bacon, onion, green pepper, garlic, cumin, chili powder, hot pepper flakes, allspice, salt and pepper. Cook, stirring, for 5 minutes or until vegetables are tender and bacon is browned. Add the rice, stirring to coat with the spices. Stir in the chicken broth, tomato juice and lemon juice. Bring to a boil.
2. Cover and reduce the temperature to medium-low. Simmer, covered, for 15 minutes. Remove the cover and stir in the shrimp, clams and crab. Continue to cook, covered, for an additional 3 to 4 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley and green onion.

Makes 6 servings.

**Nutritional Information per serving: Calories 130, Fat 3g, Sodium 590mg, Carbohydrate 16g, Fibre 2g, Protein 11g.**



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## Clam Recipes

### [Alfredo Clam Dip](#)

#### Ingredients

- 1 tbsp (15 mL) butter
- 1 clove garlic, minced
- ½ cup (125 mL) 35% whipping cream
- 4 oz (125 g) light cream cheese, cubed
- ¾ cup (175 mL) shredded Parmesan cheese
- 2 cans (85 g each) [Clover Leaf Chopped Ocean Clams](#)
- ¼ tsp (1 mL) each white pepper and ground nutmeg
- pinch salt
- Toasted bread cubes or breadsticks
- Blanched broccoli, asparagus and cauliflower
- Cherry tomatoes and button mushrooms



#### Preparation

1. Melt the butter in a small saucepan set over medium heat. Add the garlic and cook for 1 minute or until fragrant. Add the cream and heat until simmering. Gradually add the cream and Parmesan cheeses, stirring until melted and smooth.
2. The dip can be prepared up to this point and held for up to 1 day in the refrigerator. Warm gently in the microwave before adding the clams.
3. Drain the clams and rinse. Stir the clams, pepper, nutmeg and salt into the cream mixture. Transfer to a small chafing dish; serve warm with bread cubes and vegetables.

Makes 1 ½ cups (375 mL)

**Nutritional Information per serving: Calories 60, Fat 4.5g, Sodium 110mg, Carbohydrate 1g, Fibre 0g, Protein 2g.**



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## Clam Recipes

### Easy Seafood Linguine

#### Ingredients

- 1 lb (454 g) linguine pasta
- ¼ cup (50 mL) olive oil
- 3 cloves garlic, finely chopped
- ¼ cup (50 mL) bread crumbs
- ½ tsp (2 mL) chili flakes
- 1 can (142 g) [Clover Leaf Baby Yellow Clams](#), undrained
- 1 can (106 g) [Clover Leaf Medium Shrimp](#), drained
- 1 can (133 g) [Clover Leaf Pacific Oysters](#), drained
- ¼ cup (50 mL) white wine (or pasta water if preferred)
- ½ cup (125 mL) coarsely chopped parsley
- cracked black pepper
- additional bread crumbs



#### Preparation

Cook the pasta in a large pot of boiling water until al dente. Drain and keep warm.

While the pasta is cooking, heat the olive oil in a frying pan and sauté the garlic for 3-4 minutes. Add bread crumbs and chili flakes; cook for 1 minute. Add Clover Leaf Baby Yellow Clams with liquid, Medium Shrimp, Pacific Oysters and white wine; cook for another 2-3 minutes. Toss the seafood mixture with the pasta; add the parsley and season with pepper to taste. Garnish with bread crumbs. Serve immediately.

Makes 4-6 servings.

**Nutritional Information per serving: Calories 510, Fat 13g, Sodium 370mg, Carbohydrate 71g, Fibre 3g, Protein 25g.**

#### PRESENTATION TIP

Try serving small portions as an appetizer.



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## Clam Recipes

### Caesar Stuffed Tomatoes with Clams

#### Ingredients

- 18 small plum tomatoes
- 1 tbsp (15 mL) celery salt
- 1 can (142 g) [Clover Leaf Whole Baby Clams](#), drained
- 1 stalk celery, finely chopped
- 1 green onion, finely chopped
- 1 clove garlic, minced
- 1 tbsp (15 mL) lemon juice
- 1 tbsp (15 mL) vegetable oil
- 1 tbsp (15 mL) vodka (optional)
- 1 tbsp (15 mL) chopped fresh basil
- 1 tsp (5 mL) horseradish
- ¼ tsp (1 mL) Worcestershire sauce
- 1/44 tsp (1 mL) hot pepper sauce
- celery leaves for garnish



#### Preparation

1. Halve each tomato crosswise. Scoop out and discard the seeds and flesh to make hollow cups. Dip a portion of the open edge of each cup into celery salt. Arrange the cups, salt side up, on a serving platter.
2. Combine the clams, celery, green onion, garlic, lemon juice, vegetable oil, vodka (if using), basil, horseradish, Worcestershire sauce and hot pepper sauce in a bowl. Stir gently.
3. Fill each cup with an equal amount of the clam mixture.
4. Garnish with celery leaves. Serve cold.

Makes 36 appetizers.

**Nutritional Information per serving: Calories 15, Fat 0.5g, Sodium 110mg, Carbohydrate 2g, Fibre 0g, Protein 1g.**

**Hint:** Filling can be prepared, covered and refrigerated for up to 24 hours



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## Clam Recipes

### [Smokey Tomato Soup Shots with Clams](#)

#### Ingredients

- 2.2 lb (1 kg) plum tomatoes, halved lengthwise
- ½ sweet onion, cut into wedges
- 1 clove garlic, halved
- 1 sprig rosemary
- 2 tbsp (30 mL) olive oil
- ½ tsp (2 mL) each salt and pepper
- 1 can (142 g) [Clover Leaf Whole Baby Clams](#), drained and rinsed
- 2 tsp (10 mL) chipotle flavoured hot pepper sauce or to taste



#### Preparation

1. Heat the oven to 300°F (150°C) . Toss the tomatoes, onion, garlic and rosemary with the olive oil, salt and pepper. Roast for 90 minutes or until very tender; discard the rosemary sprig.
2. Transfer the roasted vegetables to a blender and process until smooth. Strain the mixture through a fine sieve; discard solids. Chill for 2 hours or for up to 2 days. Just before serving, stir in the clams and hot sauce. Pour into 2 oz. shot glasses to serve as an appetizer.

Makes 12 appetizers.

**Nutritional Information per serving: Calories 50, Fat 3g, Sodium 170mg, Carbohydrate 5g, Fibre 1g, Protein 3g.**

#### Hint:

1. Toss coarse sea salt with the coarse pepper in a shallow dish. Moisten the shot glass rims with a lemon wedge; turn the moistened rim in the salt and pepper mixture to coat. Fill each glass carefully with soup and garnish with a mini celery stick.
2. Double the recipe and serve warm in bowls as a soup course to serve four.
3. Add a splash of vodka or tequila to make this a cocktail and appetizer in one.
4. For an instant shortcut, use your favourite prepared tomato soup and simply add the clams and hot sauce.



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## Clam Recipes

### Manhattan Clam Chowder

#### Ingredients

- 4 slices bacon, finely chopped
- 2 stalks celery, thinly sliced
- 1 each onion, red pepper and green pepper, chopped
- 1 each bay leaf and clove garlic, minced
- 1 tsp (5 mL) dried thyme leaves
- ½ lb (250 g) Yukon gold potatoes, peeled and cubed
- 2 cans (142 g each) [Clover Leaf Whole Baby Clams](#)
- 1 can (28 oz) (796 mL) diced tomatoes with juices
- 3 cups (750 mL) tomato juice
- 1 bottle (240 mL) Clover Leaf Clam Juice
- ½ cup (125 mL) dry white wine or additional tomato juice
- ½ tsp (2 mL) each salt and pepper
- Hot sauce (optional)
- parsley, garnish



#### Preparation

1. Heat a Dutch oven over medium heat. Add bacon, celery, onion, red pepper, green pepper, bay leaf, garlic, thyme and potatoes. Cook, stirring often, for 15 minutes or until vegetable are softened.
2. Meanwhile, strain the broth from the clams. Rinse the clams to remove any grit. Reserve clams and juices separately. Add the diced tomatoes, tomato juice, bottled and canned clam juices and wine to the vegetables; bring to a boil. Simmer for 20 minutes or until tender. Stir in reserved clams, salt and pepper. Simmer for 5 minutes. Add hot sauce (if using) to taste just before serving. Garnish with parsley.

Makes 8 servings.

**Nutritional Information per serving: Calories 120, Fat 1.5g, Sodium 810mg, Carbohydrate 20g, Fibre 3g, Protein 6g.**

**Hint:** To reduce sodium, use sodium-reduced tomato juice instead of regular and eliminate added salt.