



# Portuguese Clams

Steamed Clams, with White Wine, Garlic, Lemon & Fresh Cilantro

Ok, in full disclosure, I have to admit that prior to this recipe, I had never made clams before in my life. Hopefully, that'll make you see how easy all these shellfish are to make. Anyways, this recipe is actually a famous Portuguese dish called "Amêijoas à Bulhão Pato" (Clams in White Wine Sauce). They have a delicious broth, typically made with white wine, butter, garlic and cilantro. I'm lightening it up by cutting the wine with clam juice/broth, to save points and add flavor.

## Servings Info.:

Yield: 2 pounds  
Servings: 4  
Serving Size: 7-8 clams

## Points:

	G	B	P
1 serving =	1	0	0
2 servings =	2	1	1
3 servings =	2	1	1
4 servings =	3	1	1

- points last checked 4/9/21 -

## Ingredients:

- 2 pounds small variety Live clams (1-1/2" to 2" wide)
- 3 Tbsp white wine
- 3 Tbsp bottled clam juice, fat free chicken broth, or fish stock.
- 1 tsp lemon juice
- 1 pinch black pepper
- 8 second spray, olive oil cooking spray
- 3-4 medium cloves fresh garlic, finely chopped or minced
- 1/2 cup fresh cilantro, chopped
- 1/4 cup flat leaf parsley, chopped

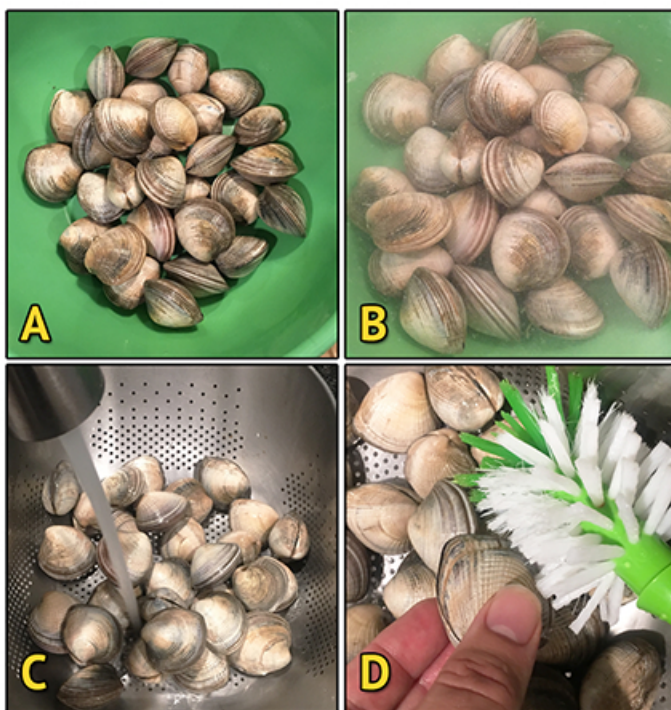
### Pre-Soak:

- 1 large bowl or pot
- cold water
- salt
- 1 tsp cornmeal (*don't count for points, see notes*)

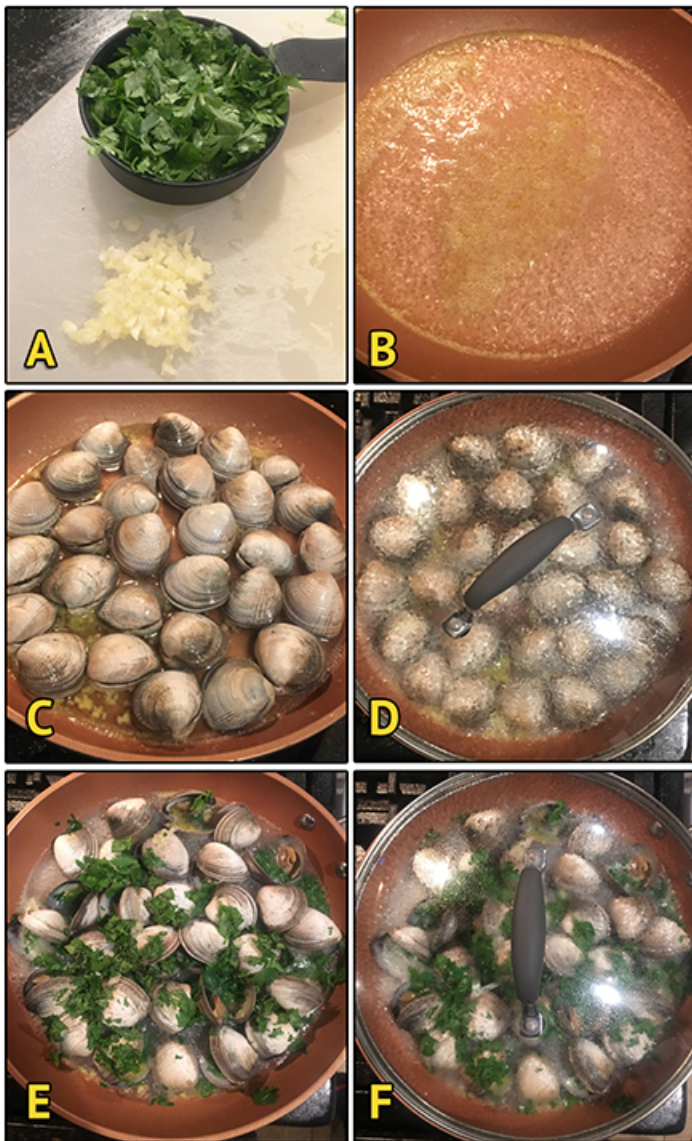
## Directions:



1. At your local grocery store, there may be a few varieties of clams. We're going to avoid the larger ones for this recipe and choose a type that's on the smaller side, around 1-1/2 to 2 inches across. Otherwise we end up only getting around 12 clams for those 2 pounds, rather than 30-32. We want to fill up a medium serving bowl with small clams, not serve people 3 large ones.



2. (A) When you get home, pour all of the clams out into a large bowl. (B) In a cup, stir together 1 cup of water and 1 Tbsp of salt until dissolved. Fill the large bowl with the clams with enough cool water to cover them by a few inches, then pour in the salt water. Scoop 1 teaspoon of cornmeal into the water and slightly stir to distribute it. Let the clams soak for at least 1 hour. (C) Rinse off the clams, then (D) use a kitchen brush to clean each one, gently, they're ticklish. Set aside in the fridge.



**NOTES:**

- A) The reason that I'm not counting the points for the 1 teaspoon of cornmeal is because of it's purpose. It is added to the water to act as debris. The theory being, that when the clams are soaking in the salt water, the gritty cornmeal particles in the water, encourage the clams to spit out any sand that they might have inside of their shells. Later, when you pour out the water and rinse off the clams, there's no reason to count the cornmeal as part of the actual recipe.
- B) As stated earlier, make sure not to purchase large clams for this recipe. This is an appetizer for sharing. You CAN use larger clams if want, but you'll need to buy 4-5 pounds. \$\$\$
- C) **MODIFY THIS RECIPE!!!!** Feel free to replace the white wine and vinegar with chicken broth, bottled clam juice, anything you want. Add more garlic, add less garlic, add different herbs, add tomatoes... Use this as a template to make your own clam dish. It's super super simple. The only time consuming part is soaking the clams in the salt water.

3. **(A)** Mince the garlic cloves, chop the parsley and cilantro, set aside. **(B)** Spray 8 seconds of olive oil cooking spray into a large pan, over medium heat and immediately pour in the white wine, broth or clam juice and pepper. Bring to a boil. **(C)** Once the liquid starts to boil, add the clams to the pan. Once the liquid begins to simmer again, **(D)** cover the pan and cook for 3 minutes. **(E)** Remove the lid and add the chopped herbs and garlic. Gently swirl the pan to spread the herbs around. **(F)** Replace the lid and cook for an additional 4 minutes, or until most all of the clams have opened wide. Use a spoon or tongs to place any opened clams into a serving bowl. If any clams have not opened, leave them in the pan, return the lid, and continue cooking for 2 more minutes to see if they open up. If they don't, they go in the trash. Otherwise, add ALL of the opened clams into the serving bowl and cover with the sauce. Done.

