Article Side

Savoring the delectable tastes of clams by Makjones

Article published on February 10th 2012 | Food

Do you want to indulge in seafood? Well, that is a good food thought, especially when you are choosy about your diet. So, what is really compelling you to change your diet? The seas and the oceans are store house of energy and food. Gorging on seafood has almost become a trend; not just because they are tasty but these food items offer higher nutritional values. So, if you want your taste-buds to taste the new, then its time you look out for some interesting lobster, crab and clam recipes.

Well here are some interesting facts about clams. Seafood cuisines are incomplete without these sea creatures, which taste heavenly when cooked. Clams are extremely nutritious; they can be cooked in various ways. If you want to taste a clam dish, then make sure you choose the freshest ones from the market. The small ones are usually eaten in a steamed form. They are used in soups adding flavor to the food. The larger clam is again chopped and is used in different dishes like stews, stuffing and soups.

The clam recipes are of different types, while some are treated as appetizers others are eaten as main course. From salads, side dishes to main dishes, soups and much more, you can really make a delectable dish out of clams. Have you tried the classic clam chowder? Well, if you are ready to treat yourself with something from the sea family then here it is:

Clam chowder with potato

Cooked and crumbled bacon slices, 2

Chopped yellow onion, 1 cup

Minced clams, 6 ounce

Flour, 2 tablespoon

Dried thyme, Â¼ teaspoon

Coarse salt, Â½ teaspoon

Cold water, 1 cup

Pepper, 1/8 teaspoon

Fresh parsley minced, 2 tablespoon

4 peeled and chopped medium sized potatoes

Whole milk, 2 cups

Preparation

At first sautÃ© the chopped onions until they turn tender. The typical Dutch oven is good for it. Now add on the flour and keep stirring it constantly until it turns into a smooth paste. Now, it is time you drain the clams and retain the juice setting the former aside. Add water and the clam juice to the

mixture. Cook the mixture in medium heat and keep on stirring the same until it turns bubbly and smooth adding pepper, thyme, savory, salt and potatoes. See that it comes to a boiling situation. Covering the mixture with a lid, keep it to simmer for at least 25 minutes. Make sure that the potatoes turn fork tender. Now it is time you add the clams, bacons, parley and milk. Heat it for some more minutes and then serve it hot.

Like clams, the lobster recipes are also our favorites. They can be cooked into any form and are eaten to satisfy our hungry souls. Remember to pick a live lobster from the market. They are simply awesome.

Article Source:
http://www.articleside.com/food-articles/savoring-the-delectable-tastes-of-clams.htm - Article Side

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Mak Jones is the chief chef of an International Hotel who has vast knowledge about Maine Lobster. To know about a Clams and a Lobster, please do visit a getmainelobster.com

Article Keywords:
Clams,lobster

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