

The Wild Salmon Seafood Market's Guide to Mussels and Clams

Manila Clams

Manila clams are native to the Pacific Ocean and are harvested from various waters of Puget Sound. Manila Clams are renowned for their tender, sweet meat. The small size of this clam makes it an excellent "steamer" and are a Pacific Northwest favorite. Manila clams are available live year-round.

Razor Clams

Razor clams are native to the Pacific Northwest, Canada and Alaska. A large clam, Razors are known for their sweet, tender meat. Excellent fried, sautéed or for use in chowders. Strict harvest regulations make fresh or live Razor clams available only a few times a year. Frozen Razor clam meat is available year-round.

Surf Clams

Surf clams are harvested from the Atlantic Ocean. They offer a sweet and briny taste excellent for chowders, sautés, clam fries and seafood stews. Highly perishable, surf clams do not come to market live and are offered as shucked clam meat. Available year-round.

Geoduck

The largest burrowing clam in the world with some clams exceeding 15lbs., the Geoduck is a Pacific Northwest icon. The clams are individually harvested by divers from Puget Sound waters. Generally available live year-round by special order only.

Mediterranean Mussels

Don't let the name fool you. Mediterranean Mussels are harvested from various waters of Puget Sound. An amply sized mussel, Meds offer a robust flavor with a soft orange/cream colored tender meat. Mediterranean Mussels are available live year-round with a slight interruption annually during the spawning season.

Penn Cove Mussels

Truly a Northwest favorite. Penn Cove Mussels are harvested from Whidbey Island, northern Puget Sound. Penn Cove mussels are a more petite mussel with a sweet and tender meat and soft orange/cream color. Penn Cove Mussels are available live year-round with a slight interruption annually during the spawning season.

Purchasing, Storing and Preparation of Live Clams and Mussels

Clams: As our live clams are stored in our premium state-of-the-art live tank, purging is not necessary. Simply give your clams a good rinse in cold water scrubbing lightly if needed to remove any residual grit that may be on the shells.

Mussels: As mussels are grown suspended on lines, no purging is required. If your mussels were purchased beard-on, remove the beards just before ready to cook. To remove the beard, simply cup the mussel in one palm and grasp the beard firmly with the other. Pull beard away from the shell with a sharp tug to remove. Give the mussels a good rinse and scrub with cold water before preparing.

Storage: Live clams and mussels should be used within 3-4 days of purchase. Store in your refrigerator in an open bowl covered with a damp cloth. Clams and mussels should not be stored in water.

See Reverse side for Galley Tips, Recipes and Cooking Instructions

Wild Salmon Seafood Market

Fishermen's Terminal
1900 West Nickerson Street
Seattle, WA 98119

206-283-3366 *local* or 1-888-222-FISH *toll free*

wildsalmonseafood.com



OPEN 7 DAYS A WEEK 10AM - 6PM



The Wild Salmon Seafood Market's

Galley Tips and Recipes



Basic Steamed Mussels

3 lbs. live mussels	1 cup dry white wine
1/2 medium onion, finely chopped	1 tbsp. olive oil
1 - 2 cloves of garlic, minced	Lemon wedges & parsley

Cook onion and garlic in olive oil in a large pot over moderate heat until soft. Add wine and mussels; cover and cook, shaking pot occasionally, until mussels open; about 3-5 minutes. Transfer to bowls; discard any un-opened mussels; garnish with lemon wedges, parsley sprigs and serve. Serves 4-5.

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Garlic Clams & Mussels over Pasta

2 lbs. live mussels	Salt & pepper
2 lbs. live clams	1 lb. angel hair pasta-cooked
3 tbsp. olive oil	1 cup parmesan cheese - grated
4 cloves garlic - minced	1/2 cup fresh parsley - chopped
1/2 cup butter	

In a large sauté pan, heat olive oil; 1/2 the garlic. Add mussels and clams; cover and cook approximately 4-5 minutes until shells pop open. Pour seafood and liquid into a bowl; discarding any un-opened shells. Melt the butter with remaining garlic in the same pan over medium low heat, until the garlic is tender. Return the mussels, clams and liquid to the sauté pan reheating until warm. Place the cooked pasta into the sauté pan and toss to mix well. Season with salt and pepper. Garnish with cheese and parsley. Serves 4-6.

Pan Fried Razor Clams

2 lbs. razor clam meat	1/4 tsp. salt
3 eggs - beaten	1/8 tsp. chili powder
1 cup flour	3-4 tbsp. vegetable oil (<i>for frying</i>)
1 cup panko*	

Razor clam meat should be cleaned and patted dry. Cut each clam in half. Dredge clams in flour. Dip clams in egg. Dredge clams in panko seasoned with salt and chili powder. Heat oil in a heavy bottom skillet until just barely smoking. Quickly fry clams over medium-high heat until golden brown about 2-3 minutes.; turning once. Serve with tartar sauce or aioli. Serves 2-4.

**Japanese style breadcrumbs - may substitute dry bread crumbs.*

Clam Chowder

1/2 lb. Clams - chopped	2 tbsp. butter
2 slices of bacon*	1/2 cup water
2 tbsp. onion - chopped	1/2 tsp. salt
1 potato - peeled/diced	1 stalk celery - finely chopped
1 cup of milk	dash of pepper (<i>to taste</i>)

Cook bacon, drain on paper towels and reserve drippings. Sauté onion and celery in reserved drippings until tender; set aside. Combine potato, water, salt and pepper and cook until tender. Stir in clams, milk, butter, onions, celery and crumbled bacon cook until heated thoroughly. Serves 2.

**Part or all of bacon may be reserved and sprinkled over individual bowls of chowder.*

Dijon Mussels with French Bread

2 lbs. mussels	2 cups heavy cream
3 tbsp. green onion - chopped	3 tbsp. parsley - minced
2 garlic cloves - minced	Ground pepper to taste
1/2 cup dry white wine	1 loaf crusty French bread
3/4 cup Dijon mustard	

In a large stock pot combine green onions, garlic, pepper, wine and mussels. Heat to boiling, reduce heat; cover and steam for 4-5 minutes or until mussels open. With a slotted spoon transfer mussels to a heated dish discarding any un-opened mussels. Stir in mustard and cream into remaining liquid. Stirring constantly, bring cream mixture to a boil. Continuing stirring 3-5 minutes or until sauce is reduced by half and thickened. Return mussels to sauce and add parsley. Stir to coat mussels. Serve with crusty bread to soak up sauce. Serves 2-4.

Galley Tips: Discard any mussels or clams that do not open once cooked. Store live mussels and clams in your refrigerator in an

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Wild Salmon Seafood Market at Queen Anne

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Open Tuesday-Friday 10-7, Sat. 9-6. Sun. 11-5 Closed Mondays

www.wildsalmonseafood.com

