



Watertown Farmers' Market Culinary Corner

September 30, 2020

Welcome to Eat Well Watertown's Culinary Corner! Each week, we'll feature Watertown Farmers Market products and vendors. We'll offer nutritional and culinary tips, and recipes for you to experiment with. We hope that you'll be encouraged to try new or unfamiliar vegetables and fruits, and we'll help you pair them with meats and fish from the Farmers Market walkway.

Easy Seafood Supper

Written By: Eat Well Chef Natalie

This delicious recipe was contributed by the WFM's seafood expert, Donna Coppola. Some good chunky bread from Clear Flour Bread and a microgreen salad make this a complete and most satisfactory supper.

Makes 4-5 hearty servings

- 2-3 doz clams (hardshell)
- 4 oz butter
- 1/2 c olive oil
- 3 garlic cloves, minced
- 2 small handfuls fresh herbs -- parsley, basil, oregano, tarragon--your pick or any combination. One-two tablespoons of dried herbs is a fine alternative.
- 3-6 scallions, chopped
- 1 lemon, halved
- 1-2 c white wine, fish stock, clam juice OR water
- salt and pepper
- 1 lb cooked pasta — linguine or fusilli are good options (if your pasta is ready before you are, stir about 2 T of olive oil to keep it from sticking together. Cover and keep warm on the turned-off burner)

Rinse clams and make sure they are all closed. Discard any that are not. Using a medium sized pot with a cover, over medium low heat, melt butter with olive oil. Add garlic, herbs and scallions; then squeeze lemons into pot and throw in the remaining spent lemon halves. Increase heat to medium and saute for about 5 minutes.

Add whole clams to pot and stir to coat. Turn the heat up to high and add the wine (or other liquid). Give another quick stir while liquid comes to a boil. Then cover the pot and return the heat down to medium low and let the clams cook about 8 minutes. After 8 minutes, uncover the pot and stir -- all the clams should be opened. Discard any that are not opened; also discard the lemon halves. Remove clams from sauce to a large bowl.

Pour the sauce, but not the last tiny bit if you see any sand, into the pasta and toss. Divide into bowls and top pasta with clams. Don't forget to provide an extra bowl on the table for the shells as you eat them.