



Beer-Battered Razor Clams

 Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer at room temperature
- ☐ 0.5 teaspoon ground pepper
- ☐ 1 large eggs
- ☐ 1.5 cups flour
- ☐ 4 servings lemon wedges
- ☐ 1 lemon zest
- ☐ 3 pounds squid tubes (cleaned cut into rings) and tentacles
- ☐ 0.5 teaspoon paprika

- ☐ 0.5 teaspoon pepper
- ☐ 1 tsp salt
- ☐ 4 servings vegetable oil for frying

Equipment

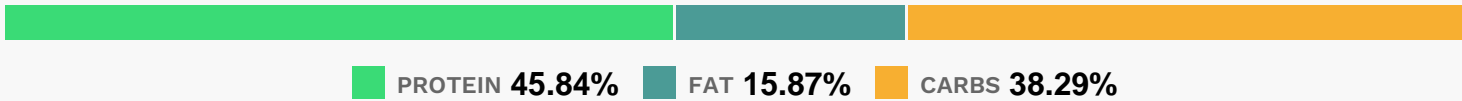
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ kitchen scissors
- ☐ tongs
- ☐ colander

Directions

- ☐ Fill a large, deep pot with 1 1/2 in. oil, insert a deep-fry thermometer, and bring to 375 over medium-high heat. Preheat oven to 20
- ☐ Whisk egg in a large bowl to blend.
- ☐ Add flour and seasonings, but don't mix.
- ☐ Add beer just before using (so batter keeps some bubbles; this will make the coating light and crisp) and whisk until smooth.
- ☐ Add clams to batter and stir to coat well. Using a slotted spoon or tongs, lift out a spoonful of clams, draining excess batter; lower into oil, shaking spoon a bit to separate clumps. Stand back (clams may spatter) and cook until golden all over, turning once, 1 1/2 to 2 minutes; adjust heat as needed to keep oil at 37
- ☐ Transfer clams to a baking sheet lined with paper towels.
- ☐ Sprinkle lightly with salt and keep warm in oven while you cook remaining clams.

- ☐ Serve immediately with lemon wedges and more salt to taste.
- ☐ Put clams in a colander and pour boiling water over them just until shells open. Rinse with cold water until cool. Gently pull clams from shells, slicing the muscle that attaches to the shell to free the meat.
- ☐ Snip off dark tip of the skinny siphon. With scissors, cut clam lengthwise from siphon to base of the digger (foot) and open.
- ☐ Lay clam flat and cut around slippery tan gills, mouth, and digger to separate them from the rest of the white meat.
- ☐ Squeeze digger so the dark stomach shows through the meat, then snip around it and gills and remove. If a clear rod pops out, discard it as well.
- ☐ Slice digger open lengthwise, open up, and pull out the dark sand vein. The white meat comes out in two neat pieces once you have a little practice. Rinse clam meat.
- ☐ *You can also buy razor clams in the shell in season at some West Coast specialty fish shops. Or buy them in the shell (in season) from wildsalmonseafood.com

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:27.18, Inflammation Score:-7, Nutrition Score:36.787391076917%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 565.92kcal (28.3%), Fat: 9.23g (14.21%), Saturated Fat: 2.13g (13.29%), Carbohydrates: 50.13g (16.71%), Net Carbohydrates: 48.46g (17.62%), Sugar: 0.31g (0.35%), Cholesterol: 839.15mg (279.72%), Sodium: 753.55mg (32.76%), Alcohol: 3.32g (100%), Alcohol %: 0.84% (100%), Protein: 60g (120.01%), Copper: 6.52mg (325.93%), Selenium: 172.71µg (246.73%), Vitamin B2: 1.72mg (101.1%), Phosphorus: 841.36mg (84.14%), Vitamin B12: 4.55µg

(75.85%), Vitamin B3: 10.69mg (53.43%), Zinc: 5.73mg (38.19%), Magnesium: 130.75mg (32.69%), Vitamin E: 4.63mg (30.84%), Vitamin B1: 0.45mg (29.9%), Folate: 114.5µg (28.63%), Potassium: 945.2mg (27.01%), Iron: 4.84mg (26.91%), Manganese: 0.49mg (24.59%), Vitamin C: 18.65mg (22.6%), Vitamin B5: 2.15mg (21.49%), Vitamin B6: 0.29mg (14.35%), Calcium: 130.98mg (13.1%), Vitamin A: 409.26IU (8.19%), Fiber: 1.67g (6.68%), Vitamin K: 6.14µg (5.85%), Vitamin D: 0.25µg (1.67%)