



Clam Bake on the Beach

 Gluten Free

READY IN



200 min.

SERVINGS



8

CALORIES



1241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 96 hard-shell clams such as cherrystone or littleneck
- ☐ 4 pounds creamer potatoes
- ☐ 8 ears corn
- ☐ 0.5 cup herbs mixed such as parsley, chives, and thyme finely chopped
- ☐ 4 pounds kielbasa cut into pieces
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup parmesan grated plus more for garnish
- ☐ 0.5 pound butter unsalted softened

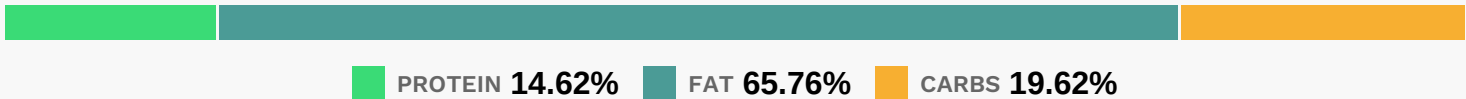
Equipment

☐ oven

Directions

- ☐ Dig a shallow pit in the sand and line it with large stones. Pile wood on top of the coals. Burn the wood for 1 to 2 hours until the rocks are red hot; rake off the ashes. Set 1 cinder block on each corner of the pit to form the base; lay a barbecue grate on top to make a table.
- ☐ Mix the butter with the cheese and herbs; season it with salt and pepper. Refrigerate until ready to use.
- ☐ Place a thick layer of seaweed on the grate.
- ☐ Place a layer of potatoes on the rack and cover them with a thin layer of seaweed.
- ☐ Put the corn on next and then another thin layer of seaweed. Now put on the kielbasa and top it with a thin layer of seaweed. Next mound the clams on top and cover with a thick layer of seaweed. Cover the entire bake with burlap or a tarp soaked in sea water. Keep the tarp wet by pouring sea water over the top if needed. Cook until the clams open and the potatoes are tender, about 1 hour.
- ☐ Pull the husks back from the corn and remove the silk.
- ☐ Brush generously with the herb butter and garnish with grated Parmesan.

Nutrition Facts



Properties

Glycemic Index:33.47, Glycemic Load:30.36, Inflammation Score:-8, Nutrition Score:38.100869323896%

Flavonoids

Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 1241.42kcal (62.07%), Fat: 91.42g (140.64%), Saturated Fat: 39.42g (246.36%), Carbohydrates: 61.37g (20.46%), Net Carbohydrates: 54.53g (19.83%), Sugar: 7.48g (8.31%), Cholesterol: 231.52mg (77.17%), Sodium: 2131.28mg (92.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.74g (91.48%), Vitamin B1: 1.47mg

(97.85%), Vitamin B12: 5.19µg (86.56%), Selenium: 50.77µg (72.53%), Vitamin C: 53.34mg (64.65%), Phosphorus: 618.89mg (61.89%), Vitamin B6: 1.2mg (59.77%), Vitamin B3: 11.92mg (59.62%), Potassium: 1765.22mg (50.43%), Zinc: 5.79mg (38.59%), Iron: 6.03mg (33.47%), Manganese: 0.66mg (32.93%), Magnesium: 126.45mg (31.61%), Vitamin B2: 0.5mg (29.38%), Fiber: 6.84g (27.36%), Copper: 0.52mg (26.23%), Vitamin B5: 2.44mg (24.39%), Vitamin A: 1085.38IU (21.71%), Folate: 82.21µg (20.55%), Calcium: 149.96mg (15%), Vitamin K: 13.11µg (12.48%), Vitamin E: 0.94mg (6.28%), Vitamin D: 0.46µg (3.04%)