



Clam Shack Style Fried Clams

READY IN



25 min.

SERVINGS



4

CALORIES



832 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup masa
- 1 cup flour all-purpose
- 1 teaspoon sea salt fine
- 0.5 teaspoon pepper black freshly ground
- 0.3 teaspoon ground pepper
- 1.5 pounds dozens oysters whole
- 6 cups vegetable oil for deep-frying ()
- 1 cup buttermilk low-fat ((either or full-fat))
- 1 serving baby potatoes england-style ((above))

Equipment

- bowl
- baking sheet
- oven
- mixing bowl
- pot
- slotted spoon
- dutch oven
- tongs
- skimmer
- deep fryer

Directions

- Make the New England style fry mix
- Combine the flours, salt, and both peppers in a large mixing bowl and mix well. You'll have more than you need for this recipe, so whatever is left over you can store in an airtight glass container in the refrigerator for several weeks or more.
- Fry the clams
- In many cases, you'll be frying in batches to avoid the problems that can happen if you overcrowd your fryer. In anticipation of this, line a baking sheet with a clean brown paper bag, and preheat the oven to 250°F (121°C).
- Heat 3 inches of oil to 375°F in a 4- to 5-quart Dutch oven over medium heat or in a deep fryer.
- While the oil is heating, pour the buttermilk into a large bowl, and put the fry mix in another. Drop the clams into the buttermilk and stir gently. Using a wire-mesh skimmer or a slotted spoon, carefully lift up a small batch (in this case, about half of the clams you're frying), allowing the excess buttermilk to drip back into the bowl.
- Drop the clams into the fry mix and gently toss them to coat evenly with the mix. Quickly dry off the skimmer.

- When the oil reaches temperature, lift the clams out of the fry mix with the skimmer, gently shake off the excess, and slip them carefully into the oil.
- Try to spread the food out in the pot so there is less chance of the pieces sticking to each other.
- TESTER TIP:** The first few moments are crucial: let the seafood cook for 15 to 20 seconds without moving the clams (or the fryer basket)—if you do, some of the breading could fall off, making the dish greasy.
- Stir the clams so that they cook evenly, 1 to 1 1/2 minutes more. This also helps to loosen any pieces that might have stuck together. If anything sticks to the bottom of the pot, loosen it with tongs. Stay right there at the fryer, moving the seafood occasionally so it cooks evenly.
- Transfer the clams from the hot oil to the paper-bag-lined baking sheet to drain. You can keep the clams warm in the oven while you fry the second batch.
- Transfer the clams to a platter with lemon wedges and parsley sprigs—and fries aren't out of the question.

Nutrition Facts



■ **PROTEIN 4.23%**
 ■ **FAT 72.28%**
 ■ **CARBS 23.49%**

Properties

Glycemic Index:55.69, Glycemic Load:17.33, Inflammation Score:-7, Nutrition Score:19.705652335416%

Nutrients (% of daily need)

Calories: 831.63kcal (41.58%), Fat: 67.79g (104.29%), Saturated Fat: 10.66g (66.63%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 46.78g (17.01%), Sugar: 3.55g (3.94%), Cholesterol: 9.2mg (3.07%), Sodium: 686.81mg (29.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.85%), Vitamin K: 121.11µg (115.34%), Zinc: 7.69mg (51.24%), Vitamin E: 5.62mg (37.45%), Copper: 0.59mg (29.74%), Selenium: 19.23µg (27.47%), Vitamin B12: 1.62µg (27.01%), Vitamin B1: 0.33mg (22.29%), Manganese: 0.43mg (21.53%), Folate: 70µg (17.5%), Vitamin B2: 0.29mg (17.17%), Phosphorus: 166.61mg (16.66%), Iron: 2.74mg (15.25%), Vitamin B3: 2.53mg (12.64%), Calcium: 125.45mg (12.54%), Fiber: 2.8g (11.21%), Magnesium: 44.2mg (11.05%), Vitamin B6: 0.18mg (9.09%), Potassium: 233.86mg (6.68%), Vitamin B5: 0.4mg (4%), Vitamin A: 90.52IU (1.81%)