

Clams Steamed with Ginger and Scallions

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



12

CALORIES



18 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cooking oil (see Note, below)
- 12 medium clams
- 6 sprigs cilantro leaves
- 2 teaspoons ginger minced
- 1 tablespoon soy sauce light
- 3 tablespoons spring onion finely sliced
- 1.5 teaspoons sugar
- 3 tablespoons vegetable stock

- 8 cups water boiling
- 1.5 teaspoons vinegar white chinese
- 1 pinch pepper white
- 1.5 tablespoons cooking wine

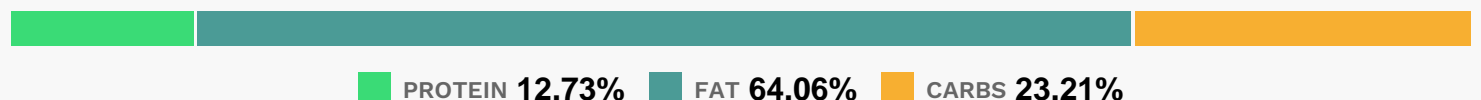
Equipment

- bowl
- sieve
- wok

Directions

- Combine sauce ingredients in a bowl.
- Place clams in a steamproof dish. Stir sauce, pour over clams.
- Place dish on a rack in a wok over 6 cups boiling water, cover and steam, 1 1/2 to 2 minutes. Do not oversteam, or clams will become tough. Turn off heat and remove dish from steamer.
- Garnish with coriander and serve immediately.
- To make scallion oil: Trim, clean, and dry 3 to 4 bunches of scallions (1 pound), then cut each scallion into 2-inch pieces and lightly smash the white portions.
- Heat wok over high heat for 30 seconds.
- Add 1 1/2 cups peanut oil and scallions. Stir and mix well, making certain scallions are immersed in oil. Bring to a boil. Lower the heat, and simmer the oil and scallions for 20 minutes, stirring occasionally, until scallions brown. Turn off heat, strain through a fine strainer into a bowl and cool to room temperature.
- Pour into a glass jar, cover and refrigerate until needed. This recipe makes 1 1/4 cups, but the oil keeps for three months refrigerated.
- From My Grandmother's Chinese Kitchen: 100 Family Recipes and Life Lessons by Eileen Yin-Fei Lo, (C) © 2006 By arrangement with Home Books, a member of Penguin Group (USA), Inc.

Nutrition Facts



Properties

Glycemic Index:25.09, Glycemic Load:0.44, Inflammation Score:-1, Nutrition Score:1.1239130451627%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 17.92kcal (0.9%), Fat: 1.2g (1.85%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.62g (0.69%), Cholesterol: 0.65mg (0.22%), Sodium: 108.8mg (4.73%), Alcohol: 0.19g (100%), Alcohol %: 0.14% (100%), Protein: 0.54g (1.08%), Vitamin K: 7.39µg (7.03%), Vitamin B12: 0.25µg (4.1%), Vitamin A: 104.45IU (2.09%), Vitamin E: 0.26mg (1.71%), Copper: 0.03mg (1.66%), Manganese: 0.02mg (1.03%), Selenium: 0.71µg (1.01%)