



Clams Tamalli with Blistered Chile Verde Meunière

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 servings pepper flakes diced red
- ☐ 8 servings cilantro leaves (if available)
- ☐ 3 pounds clams rinsed scrubbed
- ☐ 2 cups wine dry white
- ☐ 1 ears corn
- ☐ 5 garlic clove minced crushed
- ☐ 3 tablespoons grapeseed oil

- ☐ 2 jalapeno
- ☐ 2 cups i would have liked to use an version of masa but i couldn't find one at the time of making the tamal prepared for tamales* (not masa for tortillas)
- ☐ 0.3 teaspoon pepper
- ☐ 1 poblano pepper seeded chopped
- ☐ 2 shallots sliced
- ☐ 6 tablespoons butter unsalted cold chopped

Equipment

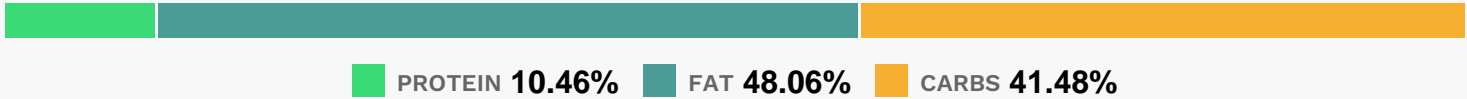
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ ramekin
- ☐ roasting pan
- ☐ aluminum foil
- ☐ steamer basket

Directions

- ☐ Put wine, shallots, and crushed garlic in a large pot. Set a steamer basket in pot, add clams, and cover. Bring to a boil, then simmer briskly over medium-high heat until clams open, 5 to 10 minutes.
- ☐ Transfer clams to a plate and let cool. Strain broth from pot; set aside 3/4 cup plus 2 tbsp. and chill.
- ☐ Remove meat from clams, saving 8 shells; chill meat and shells.
- ☐ Meanwhile, in a large frying pan over medium heat, saut poblano chile, corn, and pepper in oil until chile is tender-crisp, 7 to 8 minutes.
- ☐ Add minced garlic; cook, stirring, 1 minute.
- ☐ Remove about 2 tbsp. of mixture and set aside.

- ☐ Stir masa in a bowl with 2 tbsp. reserved clam broth and 2 tbsp. water. Stir in corn mixture from pan and half of clam meat. Spoon into 8 (4- to 6-oz.) oiled ramekins; smooth tops. Cover each with foil.
- ☐ Put a rack in a roasting pan and fill pan with water to just below rack. Set ramekins on rack. Cover pan tightly with foil.
- ☐ Heat over 2 burners on high heat until a little steam escapes; reduce heat to medium-low and cook until tamales feel fairly firm, 35 minutes.
- ☐ Meanwhile, in a small frying pan over medium-high heat, cook jalapeos until blackened, turning occasionally, 20 to 25 minutes.
- ☐ Let cool, then peel, seed, and dice.
- ☐ Boil reserved 3/4 cup clam broth in a saucepan over medium-high heat until reduced to 1/3 cup, 5 minutes. Stir in jalapeos. A few minutes before serving, whisk in butter a bit at a time until melted. Stir in remaining clams and heat until warm, then stir in shells.
- ☐ Unwrap ramekins; put on plates. Spoon clam sauce on top and set a clamshell on each. Top with reserved poblano chile, cilantro, and Fresno chiles.
- ☐ *Masa for tamales has fat, leavening, and salt added to ground corn. Find it at Latino markets.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:1.33, Inflammation Score:-7, Nutrition Score:14.672608717628%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 322kcal (16.1%), Fat: 15.36g (23.64%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 29.84g (9.95%), Net Carbohydrates: 27.03g (9.83%), Sugar: 2.83g (3.14%), Cholesterol: 30.23mg (10.08%), Sodium: 24.13mg (1.05%),

Alcohol: 6.18g (100%), Alcohol %: 4.41% (100%), Protein: 7.53g (15.05%), Vitamin B12: 2.9µg (48.35%), Vitamin C: 32.36mg (39.22%), Vitamin B1: 0.47mg (31.33%), Folate: 73.47µg (18.37%), Selenium: 12.44µg (17.77%), Vitamin B3: 3.46mg (17.28%), Iron: 3.05mg (16.93%), Manganese: 0.34mg (16.81%), Vitamin B2: 0.28mg (16.31%), Vitamin B6: 0.32mg (16.12%), Phosphorus: 149.79mg (14.98%), Vitamin E: 2.19mg (14.62%), Vitamin A: 616.44IU (12.33%), Magnesium: 47.95mg (11.99%), Fiber: 2.81g (11.23%), Potassium: 258.84mg (7.4%), Calcium: 66.21mg (6.62%), Zinc: 0.87mg (5.83%), Copper: 0.11mg (5.57%), Vitamin K: 4.7µg (4.48%), Vitamin B5: 0.29mg (2.88%), Vitamin D: 0.16µg (1.05%)