

Fried Ipswich Whole Belly Clams with Tartar Sauce



Ingredients

4 cups clams drained (see Notes)
2 tablespoons cornmeal
3 cups cracker crumbs (see Notes)
0.5 cup breadcrumbs dry fine
6 large eggs
1 cup flour all-purpose

4 servings canola oil for frying

	2 teaspoons old bay seasoning
	4 servings tartar sauce
Εq	uipment
	food processor
	bowl
	frying pan
	baking sheet
	paper towels
	sauce pan
	whisk
	sieve
Di	rections
	Put the flour in a shallow bowl; put the eggs in a second shallow bowl and beat them with a fork; put the cracker meal, bread crumbs, cornmeal, and Old Bay in a third shallow bowl and whisk to combine.
	Spread the clams out on several layers of paper towels and blot them as dry as possible.
	Heat about 3 inches of canola oil in a large saucepan over medium-high heat to 360°F.
	Toss the clams in the flour and shake off any excess. Dip the clams into the egg, coating them completely. Lift them out by the handful and let any excess egg drip off, then put the clams into the breading mixture and toss to coat them completely. Keep one hand dry and use the other hand for wet.
	Transfer to the baking sheet. If the breading begins to clump, put it through a coarse sieve.
	Fry the clams in small batches—crowding the pan will lower the temperature of the oil and the clams will come out greasy—until golden brown and crisp, about 1 minute.
	Drain on paper towels.
	Pile the clams on 4 dinner plates and serve with individual bowls of tartar sauce—and some fries.
	If you can't find cracker meal, you can make your own. Pulse saltine crackers in a food processor to very fine crumbs.

Put the crumbs through a coarse strainer to remove any large pieces. An 8-ounce box of crackers will make about 2 1/4 cups of cracker meal. You might be able to special order lpswich clams through your fishmonger. If not, there are several online sources.
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Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:19.76, Inflammation Score:-6, Nutrition Score:25.210869350511%

Nutrients (% of daily need)

Calories: 574.14kcal (28.71%), Fat: 22.26g (34.25%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 68.33g (22.78%), Net Carbohydrates: 65.26g (23.73%), Sugar: 5.01g (5.57%), Cholesterol: 289.29mg (96.43%), Sodium: 629.05mg (27.35%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 23.34g (46.68%), Vitamin B12: 4.56µg (76.04%), Selenium: 49.89µg (71.27%), Vitamin B1: 0.63mg (41.84%), Phosphorus: 407.92mg (40.79%), Vitamin B2: 0.69mg (40.66%), Manganese: 0.73mg (36.59%), Folate: 144.12µg (36.03%), Iron: 6.48mg (36.01%), Vitamin K: 34.34µg (32.71%), Vitamin B3: 5.27mg (26.33%), Vitamin E: 3.16mg (21.05%), Calcium: 164.49mg (16.45%), Vitamin B5: 1.61mg (16.09%), Zinc: 2.02mg (13.45%), Fiber: 3.07g (12.3%), Vitamin B6: 0.23mg (11.56%), Copper: 0.23mg (11.4%), Magnesium: 44.35mg (11.09%), Vitamin A: 535.12IU (10.7%), Vitamin D: 1.5µg (10%), Potassium: 256.23mg (7.32%)