



Grilled Clams on the Half Shell with Ginger Mignonnette



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 pounds clams scrubbed well (less than 2 inches wide)
- ☐ 1 cups coarse salt for stabilizing clams on platter
- ☐ 0.5 teaspoon ginger fresh finely grated peeled
- ☐ 0.1 teaspoon ground cumin
- ☐ 3 tablespoons vegetable oil; peanut oil preferred
- ☐ 5 tablespoons rice vinegar (not seasoned)
- ☐ 0.3 teaspoon salt

- ☐ 1 spring onion thinly sliced
- ☐ 4 servings kombu
- ☐ 1 serrano chiles fresh minced
- ☐ 1 teaspoon sesame oil

Equipment

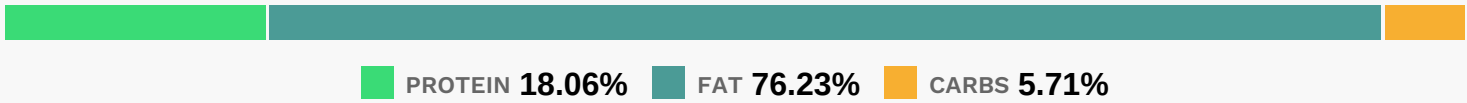
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ broiler
- ☐ kitchen towels
- ☐ tongs

Directions

- ☐ Whisk together all ingredients except coarse salt and clams (to make mignonnette sauce).
- ☐ Prepare grill for cooking. If using a charcoal grill, open vents in bottom of grill.
- ☐ Cover a large platter with a 1/2-inch layer of coarse salt to hold clams in place for serving. Grip 1 clam in a kitchen towel with its "hinge" facing toward you. Working over a bowl to catch any clam liquor, slide knife in between the 2 shells at a point opposite hinge and rotate clam, sliding knife between shells, until knife reaches hinge.
- ☐ Cut through hinge, being careful to avoid hitting center of clam. Open shells, sliding knife along underside of top shell to detach it from clam. Pull top shell off and discard, keeping clam in bottom shell, and slide knife under clam to loosen, preserving as much clam liquor as possible in bowl.
- ☐ When fire is moderately hot (you can hold your hand 5 inches above rack for 3 to 4 seconds), set rack on grill. Using tongs, arrange clams on the half shell in 1 layer on rack and spoon some reserved liquor on them. Once clam liquor reaches a boil, allow clams to grill, uncovered, until just cooked through, 3 to 4 minutes. Carefully transfer clams with tongs to platter and drizzle with mignonnette.

·Clams can be cooked under broiler in a salt-covered shallow baking pan. Broil 5 to 7 inches from heat until just cooked through, 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.47, Inflammation Score:-2, Nutrition Score:7.1778259225514%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 144.14kcal (7.21%), Fat: 11.94g (18.37%), Saturated Fat: 2g (12.51%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.86g (0.68%), Sugar: 0.15g (0.16%), Cholesterol: 12.76mg (4.25%), Sodium: 28466mg (1237.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.36g (12.73%), Vitamin B12: 4.81µg (80.09%), Selenium: 13.22µg (18.89%), Vitamin E: 1.99mg (13.27%), Phosphorus: 87.53mg (8.75%), Vitamin K: 7.35µg (7%), Manganese: 0.13mg (6.64%), Iron: 1.07mg (5.94%), Calcium: 40.02mg (4%), Vitamin A: 173.49IU (3.47%), Magnesium: 11.49mg (2.87%), Copper: 0.05mg (2.63%), Zinc: 0.32mg (2.17%), Folate: 6.22µg (1.56%), Vitamin C: 1.28mg (1.56%), Vitamin B2: 0.02mg (1.32%), Potassium: 41.73mg (1.19%)