

DINNER

Polenta and Clams: Polenta con le Vongole

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
125 min	20 min	105 min	6	\$2.42	491 kcal

Polentan and Clams: Polenta con le Vongole is a gluten free, dairy free, and pescatarian recipe with 6 servings. One serving contains 491 calories, 12g of protein, and 22g of fat. For \$2.42 per serving, this recipe covers 19% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 56 ounce peeled whole tomatoes, crushed by hand and juices reserved
canned
- ☐ 3 pounds Cherrystone clams, scrubbed
- ☐ 2 cloves garlic, thinly sliced
- ☐ 6 servings Kosher salt
- ☐ 1/3 cup extra-virgin olive oil
- ☐ 2 cups polenta
- ☐ 1 tablespoon salt
- ☐ 1/2 cup white wine
- ☐ 1/2 medium carrot, finely shredded
- ☐ 3 tablespoons chopped fresh thyme leaves, or 1 tablespoon dried
- ☐ 4 garlic cloves, thinly sliced
- ☐ 1/4 cup extra-virgin olive oil
- ☐ 1 Spanish onion, cut into 1/4-inch dice
- ☐ 1 teaspoon red pepper flakes
- ☐ 2 quarts water

EQUIPMENT Frying pan, Sauce pan, Whisk, Pot, Double boiler

Method

- 1 Bring 2 quarts of water to a boil and add salt.
- 2 Slowly whisk the polenta into the water in the top section of the double boiler, whisking in 1 direction to avoid creating lumps. Continue whisking, scraping the bottom and corners of the pot, for 5 minutes. When the polenta begins to thicken, cover it, and fit the top of the double boiler into the bottom part of the double boiler. Cook for 90 minutes, stirring every 30 minutes. Once it is ready, turn it out onto a board.
- 3 Once the polenta is ready for serving, heat the olive oil over medium-high heat in a large frying pan, and add the garlic. Cook until it is golden brown, then add the tomato sauce, wine, and red pepper flakes, and cook for 5 minutes.
- 4 Add the clams, cover the pan, and cook for 5 minutes, until they all open. Uncover and cook for an additional 5 minutes, discard any that do not open. Season with salt and pepper, to taste.
- 5 Serve a wedge of polenta on each of 6 heated dinner plates and spoon some of the clam cooking sauce over it. Divide the clams evenly among the plates and season with salt and pepper.
- 6 In a 3-quart saucepan, heat the olive oil over medium heat.
- 7 Add the onion and garlic and cook until soft and light golden brown, about 8 to 10 minutes.
- 8 Add the thyme and carrot and cook until the carrot is quite soft, about 5 minutes more.
- 9 Add the tomatoes and their juice and bring to a boil, stirring often. Lower the heat and simmer until as thick as hot cereal, about 30 minutes. Season with salt, to taste.
- 10 This sauce holds 1 week in the refrigerator or up to 6 months in the freezer.

Nutrition per serving

	491 KCAL	12 g PROTEIN	22 g FAT	59 g CARBS
Saturated Fat				3.1 g · 20% of daily needs
Fibre				4.6 g · 18% of daily needs
Sugar				7.9 g · 9% of daily needs
Sodium				1,782 mg · 77% of daily needs
Cholesterol				10.2 mg · 3% of daily needs
Vitamin C				32.8 mg · 40% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/polenta-and-clams-polenta-con-le-vongole-144859