

Beer-Steamed Clams & Mussels



Makes:

6 servings

Utensil:

2.5 Qt. (1.49L) Culinary Basket

3 Qt./2.8 L Perforated Basket

3.5 Qt. Double Walled Bowl

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Contributed By:

Chef Sergio Corbia

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Recipe Description:

Watch Chef Sergio's [recipe video](#) for this delicious seafood recipe.

1

cup

shallots, sliced, divided

(160

g)

3

cloves

garlic, thinly sliced

12

ounce

bottle of pale ale beer

(355

mL)

2

lemons, cut in wedges, divided

1
pound
fresh littleneck clams in shells, scrubbed
(454
g)

1
pound
mussels in shells in shells, scrubbed
(454
g)

5
sprigs
thyme
¹?₂
teaspoon

salt
(3
g) ¹?₄

teaspoon
black pepper
(2
g) ¹?₃

cup
fresh parsley, finely chopped

Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled on the pan skitter and dance, place ¹?₂ of the shallots and the garlic in pan, lower heat to medium low and sauté, stirring until shallots soften, approximately 3 minutes.
2. Add beer and 1 lemon (cut into wedges) into roaster mixture and simmer for approximately 3 minutes.
3. Place clams and mussels into culinary basket along with remaining shallots, thyme, second lemon (cut in wedges), salt and pepper, and return roaster on gentle simmer. Cover, reduce heat to medium low and cook until shells open, approximately 6 - 8 minutes. Take basket to sink and drain. Discard unopened shells.
4. Place clams and mussels in bowl along with remaining sauce in roaster, sprinkle with chopped parsley, and serve.

Tips:

- There are approximately 10 - 12 littleneck clams in 1 pound (545g).
- There are approximately 20 - 25 mussels in 1 pound (545g).

Nutritional Information per Serving

Calories:

376

Total Fat:

6g

Saturated Fat:

1g

Cholesterol:

123mg

Sodium:

143mg

Total Carbs:

24g

Dietary Fiber:

2g

Sugar:

0g

Protein:

49g