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**DEPARTMENT OF THE INTERIOR**  
**INFORMATION SERVICE**

FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FWS ISSUES NEW BOOKLET ON CLAM COOKERY

Twenty-seven choice recipes for cooking clams are contained in a new publication released today by the Fish and Wildlife Service. These recipes, which are presented in How to Cook Clams, were developed by home economists of the Service at Seattle, Wash., and College Park, Md.

Many traditions have grown up around the serving and eating of clams. Annual clam-eating contests are held in various coastal regions of the country. The connotations of the term "clambake" have extended the use of that word far beyond its original meaning. Few controversies (in cooking circles, at least) have more participants than that which centers on the proper way to make clam chowder.

Several species of clams are widely used for food, with the market varieties of the east coast differing from those of the west coast.

On the Atlantic coast, the marketed species are the hard clam, the soft clam, and the surf clam. The hard clam, or hard-shell clam, is commonly called "quahog" in New England where "clam" generally means the soft-shell variety. In the Middle Atlantic States and southward, "clam" is the usual name for the hard clam.

Little-necks and cherrystones are dealers' names for the smaller sized hard clams, generally served raw on the half shell. The larger sizes of hard clams are called chowders and are used mainly for chowders and soups. The larger sizes of soft clams are known as "in-shells" and the smaller sizes as "steamers."

On the Pacific Coast, the most common market species are the butter, little-neck, razor, and pismo clams. The Pacific little-neck clam is a different species from the Atlantic hard clam.

On each of our coasts are areas famous for the quality of their clams. Notable among these are Pismo Beach in California, whence comes the delicious pismo clam, and Long Beach in Washington, famous for the razor clam. On the Atlantic Coast, many areas are noted for their "cherrystones," soft clams, and surf clams.

Although clams are served most often in chowders, there are many good ways to serve them. It is not only the fine distinctive flavor that recommends them as a food; they are also an excellent source of the "protective" nutrients, including proteins, minerals, and vitamins.

Some of the easy-to-prepare yet out-of-the-ordinary recipes included in the new publication are Stuffed Clams, Clam Au Gratin, Clam Poulette, Deviled Clam Loaf, Baked Clam Hash, Sour Cream Clam Pie, Clam and Spaghetti Casserole, and Clam and Ham Scramble.

Instructions on how to buy clams, and how to shuck them, are also to be found in the new booklet.

Generously illustrated, How to Cook Clams, is No. 8 in the Service's Test Kitchen Series of fish cookery publications. It is for sale at 20 cents a copy by the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

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