

PRESIDENT FRANKLIN PIERCE

FRIED CLAMS

4 SERVINGS

30 MINS
PREP TIME

3-9 HOURS
COOK TIME

INGREDIENTS

- 2 eggs, separated
- ½ cup milk
- 1 cup flour
- 1 tablespoon unsalted butter, melted
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 1 pint clams, the fresher the better
- Unsalted butter or lard, for frying

INSTRUCTIONS

1. Beat the egg yolks until thick and pale yellow.
2. Add the milk, flour, melted butter, lemon juice, and salt, and mix until combined.
3. In a separate bowl, beat the egg whites until stiff peaks form. Fold them carefully into the yolk mixture.
4. Add the clams. Refrigerate until thoroughly chilled—at least 2 hours, overnight if possible.
5. When ready to cook, heat enough butter or lard in a deep, heavy-bottomed pot or Dutch oven to reach a depth of about 2–3 inches over medium-high heat until the fat is hot enough for frying. [We're not saying this is a healthy dish!]
6. Add the clams in batches—they'll sink at first, then float to the top when done.

FRIED CLAMS



NUTRITION PER SERVING (6 SERVINGS)

Calories 270 • Total Fat 8g • Saturated Fat 3g • Sodium 880mg • Total Carbohydrates 29g • Dietary Fiber 1g • Added Sugars 0g • Protein 21g

DIETITIAN'S NOTE

The calorie, fat, and saturated-fat content are greatly underreported because the butter used for frying is not included in the calculation. You could greatly reduce saturated fat and increase polyunsaturated oils by frying in soy, safflower, or other vegetable oil.

Adapted from: Poppy Cannon's The Presidents' Cookbook