

R.I. Shellfish Management Plan

Shellfish Recipes, 2014

Thank you to Rhode Island's shellfish community – citizens, fishermen, growers, researchers, and chefs – for sharing your favorite shellfish recipes. Bon appetit!

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### **Skid's Grilled Oysters Simpléz**

*by Robert Rheault, East Coast Shellfish Grower's Association, Kingston, RI*



*"This is a tried-and-true recipe for oysters on the grill – It lets you taste the unique freshness of the oyster while adding that delightful flavor from the grilled ingredients." – Skid Rheault*

#### Ingredients:

Lemon juice, 1 tablespoon  
Olive oil, 1 tablespoon  
Dry white wine, 1 tablespoon  
Dry dill, a big pinch  
Fresh Rhode Island oysters, 12 count

#### Method of Preparation:

Mix lemon juice, olive oil, white wine and dill  
Shuck the oysters and set on the grill  
Spoon a small of the mixed ingredients onto each oyster  
Cook until the meats are firm, 3-5 minutes  
Enjoy with the rest of the white wine.

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Clam & Oyster Casino

by Dave Beutel, Aquaculture Coordinator, Coastal Resources Management Council, North Kingstown, RI



"This is my mother-in-laws - Babs Marek from Neptune NJ - favorite way to eat clams and oysters." – Dave Beutel

Ingredients:

Tray full of cherrystones, littlenecks, and oysters
1 green bell pepper (or jalapeno pepper if you like it spicy), diced
1 red bell pepper, diced
1 red onion or 5 scallions, diced
3 pieces of uncooked bacon

Method of Preparation:

Dice all ingredients
Shuck all shellfish and set on a plate with juice retained within one shell
Place ¼ teaspoon each of green pepper (or jalapeno), red pepper, and onion onto shucked shellfish
Place a small piece of bacon on top of each piece of shellfish

Broil shellfish until bacon is sizzling and cooked through; Serve immediately

Gourmet “Stuffies”

by Mike McGiveney, President of the R.I. Shellfishermen’s Association, Warwick, RI



“This is my favorite way to make stuffies – Great with a local, ice cold beverage. Be sure to use Rhode Island-caught top necks!”- Mike McGiveney

Ingredients:

25 top neck clams
1 large red bell pepper
3-4 stalks of celery
2 sticks of butter
½ pound of peeled/deveined shrimp or bay scallops
1 small stick of chorizo
4-5 packages (sleeves) Ritz crackers
Optional: crushed red pepper flakes to taste

Method of Preparation:

Pre-heat oven to 375
Shuck the top neck clams; drain the meat but save the juice. Save the shells
Chop clam meat, pepper, celery, chorizo, and shrimp/scallops into small pieces (raison size)
Add the clam juice and melted butter
Mix with the crushed Ritz crackers; add crushed red pepper to taste
Stuffing should be moist but not runny
Put stuffing into shells so it’s a little rounded, like an ice cream scoop
Bake for 30-35 minutes

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### **Jody’s Famous Clams**

by Jody King, F/V Black Gold, Warwick, RI



*“This was my father’s clam recipe – It’s simple and delicious – use a variety of market size clams (i.e. top necks, little necks, cherrystones) to make it visually appealing as well as scrumptious!” – Jody King*

#### **Ingredients:**

2 dozen local quahogs; can be cherrystones, top necks, little necks and even chowders  
¼ cup olive oil  
2 tablespoons crushed red pepper flakes  
2-3 tablespoons minced garlic  
3-4 tablespoons of fresh basil, chopped

#### **Method of Preparation:**

Place clams in a large pan, rinsed but with no excess water on clams or in the pan.  
Add uncooked olive oil, crushed red pepper, garlic, and basil.  
Cover the pan and bring to a boil.  
Once boiling, remove cover and check clams – when about half are opened, turn off burner, cover again, and shake the pan.  
Keep covered for about 10 minutes.

Serve clams and sauce over your choice of cooked pasta

### **Rhode Island-style clam chowder**

*by Alex Caccese and Michael Kuperman, students of Johnson & Wales University, winners of the 2014 Rhode Island Seafood Challenge.*



#### Ingredients:

2.5 quarts (10 cups) fish stock  
2.5 pints (5 cups) clam juice  
1/2 cup onion, roughly chopped  
1/2 cup celery, roughly chopped  
1/4 cup fennel, roughly chopped  
2 cups quahogs  
Salt to taste  
Pepper to taste

#### Method of Preparation:

1. Lightly sauté vegetables until translucent, add in the fish stock.
2. Bring to a boil, add clams and boil for 1 hour.
3. After an hour, remove the clams from the liquid and set them aside for later use. Reduce the fish stock by half.
4. Once the stock has reduced, strain out the vegetables. Add in the clam juice and bring it back up to a boil; season to taste with salt and pepper.

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Quahaug Casino

by Chef Normand Leclair, author of Culinary Expressions



Ingredients:

24 medium cherrystone quahaugs,
opened on half shell
1 green pepper, minced
1 red sweet pepper, minced
1 large onion, minced
1/4 cup olive oil
1 1/2 cups rock salt
1 cup special crumbs, recipe below
4 sliced bacon, cut in six pieces (24)

SPECIAL CRUMBS:

1/2 pound saltine crackers
1/2 pound Ritz crackers
1/4 cup Parmesan cheese
1 teaspoon Paprika
1/3 cup melted clarified butter
1/4 cup sherry wine

Method of Preparation:

Place green and red peppers and onions in a mixing bowl. Add oil and mix well. Reserve.

Place rock salt in a large shallow baking sheet. Arrange quahaugs on top. Add crumbs, top with vegetables, top with bacon slices.

Bake in a preheated (400 degrees) oven on the top shelf for 10 minutes or until bacon is done.

Use a spoon to transfer quahaugs to individual serving plates.

In a food processor with a steel blade, process the crackers until they resemble crumbs, add Parmesan cheese, paprika, clarified butter, and sherry. Pulse until completely blended.

Any extra can be refrigerated and used for topping for fish and many other uses.

Mussels with Julienne Vegetables, Coconut, and Red Curry

by Chef T.J. Delle Donne, featured in Summer/Fall 2013 edition of 41°N, a publication of Rhode Island Sea Grant and the Coastal Institute at the University of Rhode Island.



Ingredients:

4 pounds of mussels
Coconut milk 1 ½ cups
Butter, clarified 3 ounces
Shallots, peeled, minced ¼ cup
Red curry paste ½ cup
Carrots, peeled, cut finely julienned 1 cup
Celery, pale stalks only, finely julienned 1 cup
Leek, white part only, finely julienned 1 cup
Fennel bulb, finely julienned 1 cup
Vegetable stock 2 cups
Cilantro, washed

Method of Preparation:

Gather all the ingredients and equipment.

Scrub mussels well, discarding any dead ones, and pull off the beard. Hold, uncovered, in the refrigerator.

In a small saucepan, warm 1 ounce (28 grams) of butter and sweat shallots until softened. Turn flame to high.

Add the mussels, deglaze the pan with vegetable stock, add coconut milk and red curry and mix well.

To complete the dish, in a large saucepan or a medium rondeau, warm the remaining butter, add the julienned vegetables, and sweat to soften.

To serve; plate a portion of mussels in a large soup bowl. Top with some of the vegetables and a generous portion of the broth. Garnish with torn cilantro leaves.

Note: Live mussels will have their shells closed. If a shell is gaping prior to cooking and doesn't close when tapped, discard it.

Steamed Razor Clams

by Rizwan Ahmed, chef and owner of the Hourglass Brasserie in Bristol



“To me a razor clam is one of my top ten favorite foods and one of the best clams out there. In comparison to a little neck clam, the meat is softer and sweeter.”- Rizwan Ahmed

Ingredients:

12-15 Rhode Island razor clams
1 cup white wine
4 cloves chopped garlic
3 tablespoons chopped parsley
Artisan-style crusty bread

Method of Preparation:

Always rinse your clams under cold running water to get rid of any sediment and refrigerate before use.

Cook razor clams in a hot pan over the stove with white wine, chopped garlic and parsley. No seasoning necessary. A quick two minutes of steaming with the lid on and they are done. Remove and serve with some nice crusty bread.

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