

SEATTLE FISH CO. EST. 1918

Hardshell Clams



Manilas, littlenecks, cherrystones, topnecks, and quahogs are all names for hardshell clams that reflect their size. Clams are harvested by hydraulic dredges, hand rakes and scissor like tongs, then sold live in bags. While they can be found from the Gulf of Mexico to the Canadian Maritimes, the majority of the U.S. clam harvest is taken between Florida and Massachusetts. Manila Clams come from the Pacific Northwest region, while most of the other sizes are sourced from the Cape Cod area on the East Coast

Sizing (from smallest to largest):

Manila Clams—average 18 pieces per pound

Littlenecks —average 6 pieces per pound

Topnecks—average 4 pieces per pound

Cherrystones—average 3-4 pieces per pound

Quahogs—average 2-3 pieces per pound

Common Name

clams, manilas, littlenecks, topnecks, cherrystones, quahogs, chowders

Scientific Name

Mercenaria mercenaria

Seasonal Availability

Year round

Primary Product Forms

Fresh: live in the shell

Frozen: whole in the shell, shucked with clam liquor

Sourcing

Wild and farmed. Most hardshell clams are from the East Coast (Cape Cod area) with the exception of manila clams which are from the Pacific Northwest region.

Sustainability

Rated Best Choice (green) by Monterey Bay Aquarium's Seafood Watch Program

Did you know?

The ocean quahog (*Artica islandica*) is among the longest-lived animals; one was estimated to be between 405 and 410 years old in 2007

Preparation

Enjoy littlenecks raw on the half-shell, fried or steamed. In soup, add minced clams at the simmer stage, steep for five minutes and serve. Cherrystones are sometimes eaten raw but more often are broiled, chopped for chowder or baked in dishes like clams casino. Large hardshells are stuffed or used in chowders, clam cakes and similar dishes. Whole, frozen clams must be served immediately upon thawing. If they are allowed to warm up, bacteria growth is rapid.

Nutrition Facts

Serving Size 1 cup
Servings Per Container 1

Amount Per Serving
Calories 138 Calories from Fat 16.2
% Daily Value*
Total Fat 1.8g 3%
Saturated Fat .17g 1%
Trans Fat .7g
Cholesterol 63mg 21%
Sodium 708mg 30%
Total Carbohydrate 4.78g 2%
Dietary Fiber 0g 0%
Sugars 0g
Protein 23.75g

Vitamin A 0%
Vitamin C 32%
Calcium 8%
Iron 130%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.