

**August 19, 2015**

## **Delectable Morsels on the Shell**

Clams and mussels seem so exotic, but they're so easy to make! No one has to know, but you'll look like a true foodie. You're doing the planet a favour, too — farmed mussels and clams are generally sustainable.

You wouldn't think that something as delicate as clams would be good on a barbecue, but if you happen to have the grill going for sausages, you may as well add some surf to your turf. Mediterranean-inspired Barbecued Clams and Chorizo is finished with white wine, butter and pesto — who could resist soaking up the last of the sauce with a crusty baguette?

Spicy Marinated Mussels is a new twist on the traditional steamed moules, serving the tender meat cold, on the half-shell as an attractive hors d'oeuvres. The red pepper and basil provides some colour against the shiny black shells — not to mention adding so much flavour along with ginger, sesame oil and hot sauce.

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### **BARBECUED CLAMS AND CHORIZO**

1 chorizo or hot Italian sausage (about 100 - 150 g)  
1 tbsp canola oil  
1 cup sliced shallots  
2 cloves garlic, chopped  
1 lb (0.5 kg) fresh small clams, rinsed and scrubbed  
1/2 cup dry white wine  
1 tbsp salted butter  
1 tbsp store-bought or homemade basil pesto  
1 tbsp chopped fresh parsley

1. Grill sausage over medium heat on natural gas barbecue, turning occasionally, until browned and completely cooked.
2. Transfer sausage to a cutting board. When cool enough to handle, slice sausage into 1/2 inch thick pieces; set aside.
3. Place a 10 inch cast iron frypan on barbecue grid. Heat frypan over medium heat for 10 minutes.
4. Heat oil in frypan on barbecue grid. Add shallots and cook, uncovered, stirring occasionally, for 1 minute.
5. Add garlic and sausage; cook, uncovered, stirring occasionally, for 2 minutes.
6. Add clams and stir to combine. Add wine and cover frypan tightly with heavy-duty foil.

7. Cook until clams open, about 4 - 6 minutes.
8. Uncover frypan. Stir in butter and pesto, stirring until butter is melted. Sprinkle with parsley. Remove from heat.
9. Remove and discard any unopened clams. Spoon mixture and cooking liquid into bowls.
10. Serve with baguette slices for dipping. *Serves 4 as a starter.*

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### SPICY MARINATED MUSSELS

- 1 cup (250 mL) dry white wine
- 24 mussels, rinsed and scrubbed
- 3 tbsp (40 mL) olive oil
- 1/4 cup (50 mL) chopped canned roasted red peppers
- 3 tbsp (40 mL) dry white wine
- 2 tbsp (25 mL) chopped fresh parsley
- 1 tbsp (15 mL) sesame oil
- 1 tbsp (15 mL) olive oil
- 1 1/2 tsp (7 mL) basil, crumbled
- 1 clove garlic, crushed
- 1 tbsp (15 mL) grated fresh ginger
- 1/4 tsp (1 mL) hot pepper sauce
- 1/4 tsp (1 mL) salt

Bring 1 cup (250 mL) wine to a boil in a large deep frypan. Add mussels, cover and simmer just until mussels open, about 3 minutes. Discard any unopened mussels. Drain mussels and rinse under cold running water until cool enough to handle. Remove mussel meat from shells. Break mussel shells in half at the hinge. Toss shells with 3 tbsp (40 mL) olive oil and refrigerate. To prepare marinade, combine remaining ingredients (red peppers through salt) in a bowl. Toss mussels with marinade. Cover and refrigerate for at least 4 hours or up to 8 hours. To serve, place each mussel into a half shell and drizzle with a small amount of marinade. Discard any remaining marinade and half shells. Arrange mussels on a serving dish. Serve immediately. *Makes about 2 dozen hors d'oeuvres.*