Kakaerachi Varatiathu – Clam Stir-fry

C lams are particularly popular with Malayalees living near the coast, and they are found relatively cheap in the fish markets. Clam Stir-fry is a quick meal with distinct flavors of coconut and shallots. It makes for a quick, zesty appetizer, or it can be served as part of a main course with other fish or vegetable dishes.

Ingredients (To serve 4)

Little neck clams - 1 dozen
Shallots - 5
Ginger - 2-inch / 5-cm piece
Garlic cloves - 3
Small green chilies - 2
Large tomato - 1
Grated coconut - 2 tbsp
Olive oil - 5 tbsp
Red chili powder - ½ tsp
Coriander powder - ½ tbsp
Turmeric powder - ¼ tsp
Curry leaves - 6
Salt - 1 tsp
Pepper - 1 tsp

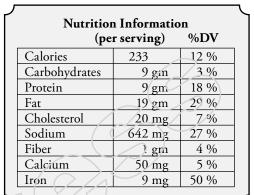| Nutrition Information		
	(per serving)	%DV
Calories	233	12 %
Carbohydrates	9 gm	3 %
Protein	9 gm	18 %
Fat	19 gm	29 %
Cholesterol	20 mg	7 %
Sodium	642 mg	27 %
Fiber	1 gm	4 %
Calcium	50 mg	5 %
Iron	9 mg	50 %

Utensils

Steamer
Medium wok

Preparation (10 minutes)

1. Scrub the clam shells in cool water. Clams should be in tightly closed shells.
2. Peel and mince the shallots.
3. Peel and mince the ginger and garlic.
4. Trim the stems off and mince the green chilies.
5. Chop the tomato into small chunks.
6. Toast in the wok (no oil) the grated coconut, until pale brown. Remove and keep aside.
7. Prepare the steamer.

Cooking (15 minutes)

1. Steam the clams for about 5-7 minutes.
2. Discard the clams that haven't opened.
3. Reserve about ½ cup of the stock from the steamer.
4. Heat the oil in the wok over high heat.
5. Add the shallots to the hot oil and sauté until golden brown.
6. Add the ginger, garlic, and green chilies. Stir-fry for a minute.
7. Add the red chili, coriander, and turmeric powders, and curry leaves and stir-fry until the aroma of spices is released.
8. Add the tomatoes and mix well with the spice mixture.
9. Cook until the tomatoes are mushy.
10. Add the toasted coconut. Stir and incorporate it into the mixture.
11. Add the steamed clams (with the shells) and the reserved stock. Mix to coat the clams.

12. Sauté for a few minutes. As the liquid comes to a simmer, remove from heat.

13. Season with salt and pepper.

Serve: Warm.