

IQF CHOPPED SEA CLAMS



Hot Wok Clams made with IQF Chopped Sea Clams, this and other great clam recipes available at SeaWatch.com



SEA WATCH IQF CHOPPED SEA CLAMS

I.Q.F. Chopped Clam Meat are surf clams, including the tender tongue - ground and individually quick frozen... an easy alternative to block frozen, canned or fresh clams. I.Q.F. Chopped Clam Meat delivers all the clam meat to the chef or production manager when they need it - without defrosting or opening cans - and with the fresh, full flavor of the surf clam in each I.Q.F. bite!

Fresh, full flavor sealed in every bite!

Available year round- ready to use when you need them!

No mess, no waste!

Includes the whole clam with the tender clam tongue ground to a 1/2" size--- ready to use in chowders, sauces or in any other special recipe

Add directly into your recipe...no thawing time required!

Thai Basil Clams

- | | |
|------------------------------------------------------------------------------------|--------------------------------------------------------|
| 1½ lb Sea Watch IQF Chopped Sea Clams | ¾ Cup Fresh Basil Leaves, finely chopped |
| 4 Cloves Garlic, minced | 1 Tbsp Lite Soy Sauce |
| 4 Green Onions, chopped | 1 Tsp Corn Starch, dissolved in one tbsp of cold water |
| 2 Tbsp Olive Oil | |
| 4 Tiny Red Asian Chili Peppers, stemmed and finely chopped (adjust to sensitivity) | |

Saute garlic and onions in olive oil for 1 to 2 minutes, add peppers and cook for another minute. Add clam meat and stir-fry until clams are cooked. Add basil, soy sauce and starch. Let sauce thicken and serve over rice or wide noodles. Serves: 2 entree

MSC Fishery Certification: F-SCS-0098

Sea Watch MSC Chain of Custody Certification Number: MSC-C-55796

CODE	DESCRIPTION	CASE PACK	GROSS WT.	NET WT.	CASE CUBE	PALLET
9831	SW IQF Chop Surf Clams (ziplock)	2/5 lb.	11.25 lb.	10 lb.	.57	9x9



Nutrition Facts	
23 serving per container	
Serving size (100g)	
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 210mg	9%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 2mg	10%
Potassium 104mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Clams...protein perfected

Profitable

Versatile

High in Protein

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