Chopped Clams

Did you know...

...clams are the richest source of natural Vitamin B12? The vitamin is produced by symbiotic bacteria in the intestinal tract of this sea-based mammal.

Importance of Vitamin B12
Vitamin B-12, or Cobalamin, is the largest and most complex vitamin currently known to man. A slight deficiency of vitamin B-12 can lead to anemia, fatigue, mania, and depression, while a long term deficiency can cause permanent damage to the brain and central nervous system.

Clams Are Mollusks
Clams are mollusks that were among the first inhabitants of the Earth. Fossils of mollusks have been found in rocks and date back over 500 million years. Bivalve mollusks live inside a bivalved shell (with two separate sections). More than 15,000 living species of bivalves are known, of which about 500 live in fresh water; the others occur in all seas. Bivalves usually live on or in sandy or muddy bottoms.

Edible Clams
The hard clam (Mercenaria mercenaria), also known as a quahog (or quahaug), round clam, or hard-shell (or hard-shelled) clam, is an edible marine bivalve mollusk that is native to the eastern shores of North America and Central America, from Prince Edward Island to the Yucatán Peninsula.

Suggested Dish
Chopped clams combined with matchstick-sized carrots and reconstituted seaweed is a colorful side-dish that is packed with nutrition. For detailed information about the benefits of seaweed, see my iodine book PDF (Resouces page, dnny.info).

Milk from ruminant animals (e.g. cows and goats) is also a rich source of Vitamin B12 due to symbiotic bacteria that live in the rumen (first of four chambers of a ruminant animal’s stomach).

Cobalt is required by the rumen micro-organisms for the synthesis of vitamin B12.

Cobalt concentrations in pasture-land and forages (plants eaten by grazing) vary widely between plant species and with soil conditions.

In studies, legumes are richer in cobalt than grasses grown in the same conditions. In a study at the University of Missouri, soil scientists discovered that less cobalt is needed to maintain animal health on legume forages than on grass forages (14).

Alfalfa and red clover are examples of legumes that are favored by dairy farmers.
Equipment
Vegetable brush
(Optional) Vegetable Peeler
Cutting surface
Vegetable chopping knife
Covered Skillet
Tablespoon
Large Serving Spoon
3 Medium-to-Large bowls
Small colander (for draining seaweed)

Ingredients
2 large carrots (preferably organic)
Package of dried seaweed
1 can of chopped clams
Tamari soy sauce
Spring water

Steps
1. Scrub your carrots. If you do not like the appearance of your carrots, use a vegetable peeler to remove any discolorations. When your carrots are cleaned, set them aside to dry.

2. Fill one of the other large bowls with 2-3 inches of Spring water.

3. Place a handful of dried seaweed into the Spring water and set aside for approximately 4 minutes. The spring water will re-constitute the seaweed.

4. When 4 minutes has past, drain the seaweed in a small colander (into your sink) and set aside.

5. While the seaweed is draining, you will need to “matchstick” your carrots (cut your carrots into match-stick-sized pieces). Watch Suzanne Landry’s YouTube video titled “How to Matchstick Carrots.”

6. When you have matchsticked your carrots, add 6 tablespoons of spring water to your skillet.
7. Turn the heat to medium.
8. Add your carrot matchsticks to the skillet and cover. Sauté the carrots for 6 minutes, remove them from the heat and add the carrots to one of the bowls.
9. Toss the drained seaweed into the carrots.
10. Drain your chopped clams and add them to the carrot and seaweeds.
11. Add 2 tablespoons of Tamari to the salad and mix with a tablespoon.
12. Place a large serving spoon in your salad and serve.

The vegetables in this recipe were cooked. Other vegetables that are consumed raw should be cleaned in Apple Cider Vinegar and water (to kill parasites). Read instructions for cleaning vegetables with Apple Cider Vinegar on a blog called Family Fresh Meals:


Tips:
1. Pour several cups of spring water into one of the large bowls. Add 4 tablespoons of Apple Cider Vinegar to prepare a bath for cleaning vegetables.
2. You do not need organic or unfiltered apple cider vinegar for cleaning vegetables. Heinz apple cider vinegar is a good choice.
3. When consuming vinegar, use an unfiltered form such as Bragg Apple Cider Vinegar.
4. Look for details about Dr. DeForest Jarvis’ use of vinegar in my iodine book.

Suzanne Landry’s YouTube video provides a helpful lesson how to match-stick carrots.