



CLAM RISOTTO

Category: Popular

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Clam Risotto is a luxurious and comforting dish that combines tender clams with the creamy, velvety texture of risotto. This classic Italian dish is an elegant way to enjoy seafood, as the natural briny sweetness of the clams pairs beautifully with the richness of the risotto.

The slow-cooked rice absorbs all the flavors, resulting in a perfectly balanced dish that's ideal for both weeknight dinners and special occasions. This Clam Risotto will surely impress your guests while offering a comforting and satisfying meal.

Ingredients:

1 lb fresh clams (littleneck or manila), scrubbed and rinsed

1 tbsp olive oil

1 tbsp unsalted butter

1 small onion, finely chopped

2 cloves garlic, minced

1 cup Arborio rice

1/2 cup dry white wine (such as Sauvignon Blanc)

4 cups clam juice (or seafood stock)

1/2 cup grated Parmesan cheese

1 tbsp fresh parsley, chopped

1 tbsp fresh lemon juice

Salt and pepper to taste

Optional: A pinch of red pepper flakes (for a little heat)

How to Make:

Prepare the clams: In a large pot, add the cleaned clams and cover with water. Bring to a boil over medium-high heat. Once the clams open, remove them from the pot and set aside. Discard any clams that remain closed. Strain the clam broth through a fine mesh sieve to remove any sand or grit. Set the clam broth aside for later use.

Sauté the aromatics: In a large skillet or wide saucepan, heat the olive oil and butter over medium heat. Add the chopped onion

and cook, stirring occasionally, for about 5 minutes until softened and translucent. Add the minced garlic and cook for an additional 1-2 minutes until fragrant.

Cook the risotto: Stir in the Arborio rice and cook for 1-2 minutes, allowing the rice to lightly toast and absorb the flavors. Add the white wine to the rice, stirring constantly until the wine is mostly absorbed. Once the wine is absorbed, begin adding the clam broth, one ladleful at a time. Stir frequently, allowing each addition of broth to be absorbed before adding more. Continue this process until the rice is creamy and cooked to your desired texture (about 18-20 minutes). You may not need all the broth, so taste the rice to check for doneness.

Add the clams: While the risotto is cooking, remove the clams from their shells (reserve a few in their shells for garnish if desired). Once the risotto is done, stir in the cooked clams, Parmesan cheese, and fresh parsley. Season with salt, pepper, and lemon juice to taste. If you prefer a richer flavor, you can add an additional knob of butter at this stage.

Serve: Spoon the risotto into serving bowls and garnish with extra fresh parsley and lemon wedges. You can also top with the reserved clams in their shells for a beautiful presentation.

Chef's Note: For an added layer of flavor, consider sautéing some chopped pancetta or bacon along with the onions and garlic. The salty, smoky flavor will complement the clams beautifully. If you prefer a more decadent version, a splash of heavy cream can be added to the risotto just before serving. To enhance the seafood flavors, you can substitute clam juice with a mix of clam and fish stock.

Nutrition Information (per serving, 4 servings total):

Calories: 380

Protein: 22g

Carbohydrates: 45g

Fat: 12g

Saturated fat: 4g

Cholesterol: 30mg

Sodium: 950mg

Fiber: 1g

Sugars: 2g

Clam Risotto is the perfect balance of savory, creamy, and slightly briny flavors, making it a standout dish in any seafood

lover's recipe collection. It's an elegant yet easy-to-make dish that will elevate any meal with its comforting, refined taste. Enjoy this rich and satisfying dish with a glass of crisp white wine, and you're sure to have a memorable dining experience!