

Guey Fey Bong (Surf Clam) - Chinese Preparation

Guey Fe Bong is a dish you can find in most Chinese Restaurants that is loved by all ethnicity's. Preparing Guey Fe Bong is simple and only requires a few, simple ingredients.

Ingredients

1 Live Surf Clam

Soy sauce – ¼ cup

Minced Garlic – 2 tablespoons

Cooking Oil (Sesame or Olive Oil) – 3 tablespoons

Scallions - 1 stock

Optional: Thin white rice noodles – ¼ cup

Preparation

1. Bring a pot of water to a rolling boil.
2. While the water is warming up, shuck your live surf clam to remove the meat. See below for instructions on how to shuck your live surf clam and clean it. Rinse the shells and set them aside for later.
3. Use a sharp knife to slice the foot, mantle and siphon, and adductor.
4. Quickly blanch the clam parts in the boiling water for 12-15 seconds - be careful not to overcook the clam.
5. Use a slotted spoon to remove the clam parts out of the water and place on the clam shells.
6. In a separate sauté pan, cook the soy sauce and minced garlic in cooking oil. If you are using rice noodles, add to the sauce pan and saturate. Wait for it to garlic to brown and the soy sauce to start bubbling, this should only take a few minutes.
7. Pour the sauce onto the clams in the shell. Garnish with slice scallion.
8. Serve and enjoy!



How to: Shuck Surf clams

Remove the surf clams from the package, store in your refrigerator until you are ready to prepare them. For optimal freshness, surf clams should be shucked and prepared the same day you receive them.

SHELLFISH NOTE

All shellfish needs to be kept properly hydrated. When shellfish are left to the open air, moisture starts to evaporate from the meats and other tissues, always try to cover shellfish with a moist paper towel.

- **Do Not:** Put ice on the surf clams, freshwater is not good for them.
- **Do Not:** Put surf clams (or any live seafood) in a bag and seal it. Sealing the bag will cut off important oxygen flow that your live items benefit from.
- **Do Not:** Store them in a warm or unrefrigerated or iced environment. The ideal storage temperature for live seafood is 38° - 42°F.

SHUCKING LIVE SURF CLAMS

To shuck your live surf clams, the recommended tool to use is a clam knife.

1. Rinse the entire surf clam to clean it from any sediments on the outside of the shell.
2. Place the surf clam in your hand. Take your shucking tool and run it along the top of the shell to sever the adductor (the part that attaches the meat to the shell). The top shell should open with ease.
3. Run the shucking tool along the bottom of the shell to sever the adductor from the shell.
4. Remove the meat from the shell and clean carefully by repeatedly flushing to remove all sediments with water.

Surf Clam Knife

