

How to Make Surf Clam Rice

This surf clam fried rice is popular in the So-So region. It is delicious when eaten fresh or in an onigiri (rice ball).

【Ingredients】

- 6 Surf Clams (ホッキ貝・Hokkigai)
- 4 Cups Rice (米・Kome)
- 50cc Soy Sauce (醤油・Shoyu)
- 50cc Sake (酒・Sake)
- 1 Tablespoon Sugar (砂糖・Sato)

【How to Make】

1. Wash rice and let sit in water for 30 minutes.
2. Prepare the surf clams as shown on the next page.
3. Add soy sauce, sake, and sugar into a pot and bring it to a boil. Then add in the surf clams. Once the tips of the clams turn red, turn off the heat and then separate the clams from the liquid.
4. Drain the water and add the rice into a rice cooker. Add the leftover liquid from step 3 and water as needed to fill the pot to the appropriate lines (according to how much rice you put in). Then cook the rice.
5. Once the rice is done, add in the surf clams and mix well. Let rice and clams steam together for a little bit before serving.



Hokkigai (Surf Clam)・・・ Standard Name Ubagai (姥貝)

The surf clams of the So-So region are sweet, tender, and have a bright red color when cooked. The life of a surf clam is long, and can reach up to 30 years. Shellfish get larger the longer they live, but surf clams grow harder as they get bigger, so small ones are softer and more suitable for food. However, the surf clams off the coast of So-So grow fast due to the nutrient-rich cold and warm currents mixing together, resulting in them being both large and soft.

Preparing Surf Clams

Rice, tempura, sashimi, pickled, fried... surf clams can be used in various dishes! No matter what dish you cook, preparation is essential.

1. Insert knife in the crevice where the clam's siphon sticks out (水管). Run blade alongside the crevice on each side to loosen the shell. Then twist the knife gently to pop it open. Once open, remove the meat from inside the shell.
2. Once you remove the meat, cut off the siphon with a knife, and remove the black part around the mantle, as well as the digestive organ (transparent rod-shaped object) by hand. Separate the meat from the mantle.
3. Run a knife along the underside of the meat, take out the internal organs, and cut it in half. Rinse thoroughly with water, then cut in half again then and into vertical pieces. (If you cut it horizontally, the meat will curl up.)

