

RESPONSIBLE  
FISHING  
SINCE 1976

**CAPTAIN KEVIN SWIMM**  
Harbour Grace,  
Newfoundland & Labrador



# COCKLE CLAMS



PRODUCT OF  
CANADA

**Wild harvested** (not farmed)  
from the cold, clear waters of  
the Canadian North Atlantic.



**REMARKABLE SEAFOOD, RESPONSIBLE CHOICE**

[clearwater.ca](http://clearwater.ca)



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- Cockle Clams are a **100% natural** product with no additives or preservatives.
- **Pre-cooked** – Cockle Clams are blanched, which means they are submerged into boiling water for a short amount of time, removed and then plunged into ice water to halt the cooking process.
- Since Cockle Clams are pre-cooked, they can be **consumed immediately** after thawing.
- Cockle Clams are best used in cold applications, such as **sushi, sashimi** or **salads**. They can also be used in hot dishes, such as **stir-fry** or **soups**, if they are added at the very end to prevent over-cooking.
- Cockle Clams require **little preparation**. Simply trim bottom of clam, slice in half and gently remove any grit with a knife.
- Cockle Clams are **low in fat, low in calories** and a **great source of protein**.
- Cockle Clams consist of the clam's "tongue" and is the **most popular part** to eat.
- Clearwater is the **primary global supplier** of Canadian Cockle Clams.