

= Clam dip =

Clam dip is a dipping sauce and condiment prepared with clams , sour cream or cream cheese , and seasonings as primary ingredients . Various additional ingredients can be used . It is usually served chilled , although it is sometimes served hot or at room temperature . It is used as a dip for potato chips , crackers , bread , and crudités . After a recipe for the dip was presented during a popular U.S. radio show , canned clams in New York City sold out in 24 hours . Commercial varieties of clam dip are mass @-@ produced by some companies and marketed to consumers in grocery stores and supermarkets .

= = History = =

In the early 1950s in the United States , the first televised recipe for clam dip appeared on the Kraft Music Hall show , a well @-@ known and popular radio and television variety program that ran from 1933 to 1971 . After the recipe segment aired , canned clams in New York City sold out within 24 hours . The ingredients used in this recipe were minced , canned clams , cream cheese , lemon juice , Worcestershire sauce , garlic , salt and pepper . Clam dip remained popular throughout the 1960s in the U.S. , at which time prepared manufactured clam dips were available in U.S. supermarkets . As salsa became more popular among American consumers , the popularity of clam dip declined .

= = Preparation = =

Clam dip is typically prepared using chopped or minced clams , sour cream or cream cheese , and various seasonings , and usually served chilled . It is used as a dip for potato chips , bread , crackers , and crudités . It has a creamy texture and mouthfeel . Canned , cooked , and frozen or fresh clams may be used , the latter of which can be cooked by steaming or pan cooking . Canned clams may be drained , or the liquid may be retained and used as an ingredient . After refrigeration , the dip may thicken , and the liquid from canned clams can be used to thin the dip . Milk is also sometimes used to thin clam dip . When refrigerated and left to sit overnight , the flavors of the ingredients intermingle more greatly , resulting in a more flavorful dip . Smoked clams are sometimes used , which imbues a distinct smoky flavor to the dish . The clams may be smoked in the shell and then minced afterward .

Additional ingredients can be used , such as lemon juice , Worcestershire sauce , onion , scallions , shallots , chives , garlic , and hot sauce . The ingredients can be mixed using a food processor . It is sometimes served as a hot dip , which may be kept warm using a chafing dish , and melted cheese may be used as an ingredient in hot versions . It is also sometimes served at room temperature . Clam dip can be served in a hollowed @-@ out loaf of bread , such as sourdough . It can be garnished with ingredients such as parsley , scallions and paprika . Crudites to accompany the dish can include red peppers , carrots , radishes , and cauliflower , among others . Prepared clam dip can be preserved by storing it in a freezer .

= = Commercial varieties = =

Some companies mass @-@ produce commercial varieties of prepared clam dip and market them to consumers in grocery stores and supermarkets . Commercial varieties are typically packaged in plastic tubs . Prepared clam dip mixes have also been commercially manufactured and marketed to consumers . One such product comes packaged with dried sour cream that is reconstituted using water .

= = Nutrition information = =

A one @-@ tablespoon serving of clam dip using the recipe that aired in the early 1950s on the

Kraft Music Hall show contains 71 calories , 1 g carbohydrate , 5 g protein , 5 g total fat (with 3 g saturated fat) , 25 mg cholesterol and 136 mg sodium .