



SUNDAY, MARCH 25, 2012

➤ Razor Bulhão Duck



Difícil it is to know what is the right name of this bivalve so mistreated and so good.

My favorite dictionary even records the two entrances, clams and razor clams, independent and referring each to the other, as the same thing and in fact is, as *ligueirão*, razors, knives ...

In addition to this wealth of names, it is certain that the razor is seafood that some will call, and there are areas where it is only used for bait fishing hook and our Spanish brothers who hold soon after the Guadiana a specialized fleet in your catch, do please take there almost all of the fish on our coast, since we do not want. We have maybe our reasons, which is not unconnected with the fact that the razor be, as a rule, cooked quite incompetently, and what arrives at the table in the

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restaurant are a huge, leathery lingueirões, rice, pasta, Bulhão duck and little else, often demonstrating a lack of understanding that our restoration cooks demonstrate the characteristics of raw materials, applying a little culinary culture and something monotonous and treatment equally, whether octopus, squid, snails, clams or lingueirões, most often incorporated into a rice made as a rice any fish.

If you notice, in the markets, the price of razor appears strongly linked to its size, in a logic of bigger is better *, which is pathetic in the case of clams, where large specimens, expensive and "luxury" actually correspond the worst razor, harder, fibrous and difficult to cook and, on the contrary, the magnificent and tender lingueirões less than ten centimeters, real culinary jewelry, are sold for fishing bait or prices "sardines". It's so weird how weird would find find old most expensive goat milk goat, but as we have already now let's enjoy!



When meeting the wonderful little lingueirões, I do them in many ways, or would know of what I like best, from simply opened with lemon rice with pasta in soup in soup, bread soup and of course open in garlic oil with coriander and lemon, what we commonly, known as "Bulhão Duck" ****.

ingredients:

Lingueirões
Olive oil
garlics
coriander
Lemon

Preparation:

You should only buy live clams, what you see playing in the "language" Yellow and checking that retracts promptly. Discard all animals that do not have this feature, which means they are dead or dying.

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This is the place of my experiences, some inventions, the travel notes, reflections and of course, the adventures of the day-to-day, a culinary, others not.

In this blog it is not Haute Cuisine, or more or less; is rather the relentless pursuit of this immeasurable pleasure you get to do what you eat, the kitchen of the foods that I like, what it does in my house, by chance, even is a ground floor. [See also MEALS HOMEMADE - 2nd Season](#)

About me



[Louis Bridges](#)

Louis Bridges, 60, Lisbon.

Therapist, cook and ceramist in his spare time, likes most of all the sea and a good conversation, preferably controversy or poetic, around a glass of wine or a blog.

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No razor clean! Whatever the assurance they have given when bought, the first thing you have to do is put it in salt water soak in for a few hours *** **, where the razor will expel all the sand or sludge have inside.



After six to twelve hours ** in water, the razor is clean and ready to be introduced in a wide pan with oil and chopped garlic background,

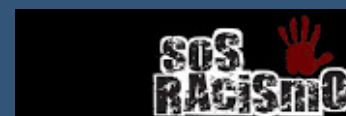


which opens in a few seconds and releases the water it contains. Enter coriander,



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Slow Food





take a quick turn, and especially do not let the lingueirões bake *, so the released water to the boil and mix with olive oil and garlic, is ready. Drizzle with the juice of a lemon, stir, remove the lingueirões for serving dish and drizzle them with the sauce.



notes :

* Around the Culinary lingueirões there are several myths, responsible for much of the unpopularity around this delicious bivalve.

valves.

Only eat the top half of razor - This is equivalent to saying that not eating the inside of a shoe, or the snails only eat part of the muscle. The most interesting part of the razor is precisely the softer and visceral part.

The good razor is great - and, judging by the price, so it is. However it is the hardest and fibrous and less flavor.



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The small clams with 8-10cm is undoubtedly the best. ** Another of the myths associated with the razor (and other bivalves) is that just pass it by running water or have it for 10 minutes or half an hour in water so that it drop its load of sand or mud. Washing under tap is useless (except for washing the skin) and to drop the sand and sludge, the seawater should be covered time 6 hours, at least better than one day to another. *** In the absence of sea water, must prepare it in advance, leaving it for 24 hours in an open container, to light, to lose chlorine (if you are using mains water) and add 35g of whole sea salt per liter of water . **** I used "Bulhão Duck" unwillingly, since I have a respect almost obsessive by their first names and their meaning and annoy me abusive uses names like "à Brás", "sausage" or this "Bulhão duck "to describe something other than what they originally christened. But in this case, I think that the expression definitely was renamed the culinary process and not just the cockles well made and, if not you can win ...

Posted by [Louis Bridges](#) to (s) [23:43](#)

Tags: [Bulhão Duck](#) , [Knives](#) , [Razor](#) , [Razor Bulhão Duck](#) , [Razor](#) , [seafood](#)

4 comments:



[Anna](#) said ...

And so I learned because I do not like clams ... the two times that I ate were great and other baked ...
I'll have to find the will to try again, the 3rd is time ...
Beijinhos.

[26/03/12, 00:29](#)



[Paula](#) said ...

Always razor loved but unfortunately here not catch ...
For me, just open and drizzled with lemon juice is already perfect! I wonder how delicious was well prepared ...

[26/03/12, 12:51](#)



[white patrician](#) said ...

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[26/03/12, 19:08](#)



[inêsh](#) said ...

I have never eaten clams, I was willing to try, after seeing with so appetizing aspeto.aprecio the way presents its snacks, not

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