

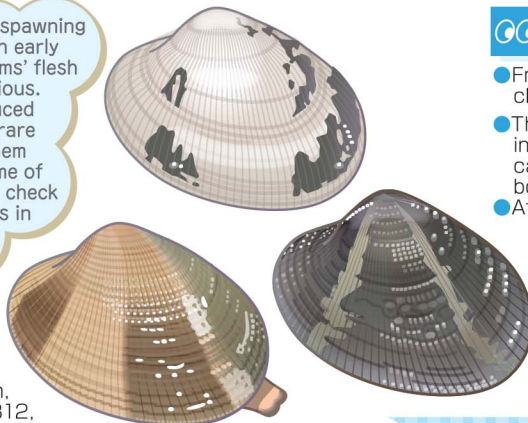
[Asari clams] A succulent seasonal delicacy packed with flavor

Now in season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



From spring, when the spawning season begins, through early summer (June), the clams' flesh grows plump and delicious. Although Japan-produced asari are increasingly rare these days, many of them are available at this time of the year, so be sure to check them out. Picking clams in tidal flats is fun too, like a treasure hunt.)



Nutritional Content



- Protein, potassium, calcium, iron, zinc, vitamin B12, taurine, etc.

Asari clams are rich in iron and vitamin B12! In addition to helping relieve anemia, the mecobalamin element of vitamin B12 helps repair peripheral nerves, which can reduce eye strain and stiffness in the shoulders! It is more effective when taken with foods high in folic acid and vitamin C.)



How to Choose and Store

- Fresh asari may have open shells, but they close when shaken.
- The key to removing sand is to soak the asari in salt water.(The rule of thumb is to use 2 capfuls of salt (approx. 15 g) from a plastic bottle for every 500 ml of water.)
- After the sand is removed, they can be frozen.



Recommended Dishes

Asari are salty, so you can go easy on the seasoning! Enjoy the flavor of the clam broth!



Asari clams and broccoli steamed in sake



Asari clam and spinach pasta

Main reference websites: "The state of affairs concerning asari clams," Fisheries Agency, March 2022 / "The asari frontline in Aichi," NHK Nagoya Broadcasting Station, July 6, 2023 / "Asari clam season explained for each production area! Includes preparation and recipes." DELISH KITCHEN / "Here's how to remove sand from asari clams without fail!" FOODIE

[Note] The prime season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website (English version)!

The website is available in English. Please be sure to read it.



Click "English" at the bottom of the homepage. <http://www.sonykenpo.or.jp/>

