

Clam Bake



This is a great way of cooking seafood and similar techniques have been used by people for centuries.

What you will need :-

- A wheelbarrow
- Some hessian sacks, or old towels
- Enough sand to fill about a third of the barrow
- A number of rocks, to retain heat – **these must be made from granite.**
- Barbecue charcoal
- Fire
- Water
- A bottle of beer (if desired)

Personal Protective Equipment :-

- Thick gloves (EN407) that will protect against heat

Safety Notes It is highly recommended that everyone involved in the build wears the recommended protective equipment and other suitable clothing, and no one taking part should be under the influence of intoxicants. Cooking must be outdoors, in a well-ventilated area a safe distance away from any buildings and clear of any flammable materials. Make sure the barrow is placed on firm level ground and always have a fire extinguisher or bucket of water to hand in case of excessive fire. Please be aware that you will need to carry out necessary risk assessments and check it is legal if you plan to build in public recreation areas, parks or camping grounds etc. If injuries occur, seek medical advice immediately.

Readying The Fire - Once you have your barrow set up outside on firm level ground, pour in the sand and spread it to form a bowl shape. This helps to retain the heat of the fire and insulate the wheelbarrow, so it needs to be a good depth of around 10cm all the way around. **Please remember to ensure the wheelbarrow is on stable ground and is not going to fall over. Make sure that during the cooking process, you can remain a safe distance away but never leave the build unattended.**



Place some of the barbeque charcoal into your sand bowl and set light to them.



When they're starting to turn white, add more and place a layer of stones on top



Finally, add another layer of coals over the stones.





When the coals have burnt down, the hot stones will retain enough heat in the barrow to cook your seafood perfectly.

Keeping Food From Fire – This oven cooks by steaming and the sacking, or towels, will hold the water to create that steam. It is important that the wheel of your barrow is protected from the heat, so place a wet towel over it so it is not damaged.



Soak the sacking and arrange it over your hot stones in several layers.



Remember the stones and coals are very hot.

Cover the sacking with wet seaweed. Place your selection of seafood onto this and add some prepared vegetables on top of the seafood to round off your meal. The seaweed will create more steam, as well as adding a maritime flavour.



Once all of the food has been added, seal it in with more wet sacking. Once the last layer is on, pour the beer over it. Again, this will add flavour.



A kitchen thermometer will help ascertain that the internal temperature of the seafood you are cooking remains above the recommended safe level (145°F, 63°C). Please note this is the temperature of the inside of the fish, rather than the temperature of the oven. Aim for an oven temperature of around 175°F, 80°C.

A last layer of sand seals everything in so the heat can't escape whilst the seafood cooks. This will take about 30 to 40 minutes when you are then ready to remove the top layers and reveal your feast.





As with any method of cooking seafood, discard shellfish that haven't opened during cooking and look for a good pink colour on the shells of crabs and lobsters if cooking these. The flesh of fish should be opaque and be easy to pull apart with a fork.

General Safety Guidelines

FLAMES

When lighting fires, using naked flames or tools that can generate sparks, please ensure that there is adequate space in the surrounding area and that there are no dry or flammable surfaces nearby. Having water on hand or a sand bucket is a good safety precaution.

SOLVENTS

When using glues or other solvents, it is important to ensure that they do not come into contact with your skin or food surfaces and ensure that they are used in a well ventilated area as they can be toxic. Be sure that they have dried so that all solvents have evaporated before preparing food.

FOOD PREP

Please clean all surfaces thoroughly before serving food and ensure raw food preparation areas are not also used for cooked food serving and presenting.

TOOLS

When using power tools, please ensure that you have read the instructions carefully and that you have the correct Personal Protective Equipment to operate them safely. If you are not experienced at using them seek help or advice from those more experienced on how to use them safely.

HEAT:

Please be mindful that metal gets incredibly hot when heated so please be careful around hot surfaces, make sure others are kept at a safe distance and that you use the correct Personal Protective Equipment (PPE) including protective clothing when handling or working near these builds.