

Pochas with clams

by [GBC Kitchen](#)



🍽 Main 📶 Easy 👤 4

🕒 60 minutes, plus overnight soaking time for the beans

Pochas are an immature green-white [bean](#) popular in Rioja, Navarre and the Basque Country. This warming stew is one of the most popular ways to enjoy them in Rioja - braised with [seafood](#) and [chorizo](#).

First published in 2022

DISCOVER MORE:

[Clam Recipes](#) [Bean Recipes](#)

[Fish And Seafood Recipes](#)

SHARE RECIPE



Related Recipes



Pipirrana
by José Pizarro



Chorizo with minted peas
by Angel Zapata Martin



Ensaladilla rusa
by Angel Zapata Martin



Patatas Bravísimas
by Angel Zapata Martin



Spicy gazpacho
by Aegnar Sverrisson

Most live clams bought at the supermarket have already been purged of sand, but if you buy them from a fishmonger you'll need to do this at home. Simply dissolve 2 tbsp table salt in 1 litre of water, and then pour this over the clams. Let them purge for 1 hour in the fridge, and then lift the clams out of the sandy, salty water. Rinse them, and then use as normal in the recipe.

Ingredients

METRIC IMPERIAL

- 500g of dried white pochas beans
- 250g of [clams](#)
- olive oil
- 100g of [chorizo](#), roughly chopped
- 2 [shallots](#), peeled and cut in half
- 1 [leek](#), cut into large pieces
- 1 [green pepper](#), chopped into large pieces
- 1 [carrot](#), cut into large slices
- 1 [head of garlic](#), cut in half
- [salt](#)
- 1 handful of [parsley](#), chopped
- crusty bread, to serve

SAVE RECIPE

PRINT RECIPE

SHOPPING LIST

Method

- 1 Soak the beans overnight in plenty of cold water

500g of dried white pochas beans

- 2 The next day, drain the soaked beans and set aside. Rinse your clams and discard any that don't close when tapped, or which have crushed shells

250g of [clams](#)

- 3 Add a dash of olive oil to a large pot and heat over a medium-high heat. Add the chorizo and fry until the sausage starts to crisp up and the fat begin to render out

olive oil
100g of [chorizo](#), roughly chopped

- 4 Add the shallots to the pan and cook for 5 minutes, or until the shallots begin to soften but not brown

2 [shallots](#), peeled and cut in half



- 5 Add the drained beans, leeks, pepper, carrot and garlic to the pan. Top with enough water to cover, then bring the water to a boil. Turn down the heat to low and simmer gently for 30 minutes, taking care not to let the pan boil

1 [leek](#), cut into large pieces
1 [green pepper](#), chopped into large pieces
1 [carrot](#), cut into large slices
1 [head of garlic](#), cut in half

- 6 Remove the veg and garlic from the pot. Squeeze the garlic out of its skin into the jug of a blender along with the rest of the vegetables. Blend the vegetables until smooth, adding a dash of water if needed, then add the puree back to the beans

- 7 Bring the broth back to a simmer, and then add the clams and cover. Cook the clams until they open, about 3-5 minutes. Discard any which stay closed

- 8 Season the soup with salt to taste then top with parsley and serve with some crusty bread

[salt](#)
1 handful of [parsley](#), chopped
crusty bread, to serve



In association with



Follow foods & wines from Spain
f i

In association with



[GBC Kitchen](#)

GBC Kitchen is where you'll find accessible, inspiring recipes with a twist, from our in-house team of recipe developers. Perfect for mid-week meals or special occasions alike, GBC Kitchen recipes will help you become a more confident cook, and impress those around you in the meantime! Don't forget to check out our brand new How to Cook guide every month, which focuses on a specific ingredient and ways to use it, alongside four brand new recipes.

EAT & DRINK SPAIN

#SpainFoodNation



Get in touch

Please [sign in](#) or [register](#) to send a comment to Great British Chefs