

Cockles/Clams or Khubbe in Konkani are a popular type of edible shellfish in Mangalore. They are available in 3 varieties ie. Khubbe, Tisre or Kalva. They are collected by raking them from the sands at low tide.

There are many ways of preparing cockles. Either in a dry style with a simple array of spices and coconut as in this recipe called 'Khubbe Sukke' meaning 'cockles in a dry spicy coconut masala' or served as 'Khubbe Mutlees' where 'cockles are cooked in a spicy rich coconut gravy with rice dumplings' (mutlees).

To make Khubbe Sukke you will need:

**Ingredients:** Fresh Cockles: 100

Coconut grated: 1 no.

Salt to taste

**For Grinding:**

Dry red Chillies (bedagi/ kashmiri): 12

Whole Cumin: 1 tsp

Pepper corns: 10 no

Turmeric: 1/2 tsp

Tamarind juice extracted from marble size piece

**For tadka:**

Oil: 2tsp

Mustard seeds: 1tsp

Garlic flakes 2nos.

Curry leaves: 1 sprig

**Method:**

1. Grind masala.

2. Crush garlic flakes.

3. Heat oil in a large vessel, add crushed garlic flakes, once it browns add mustard seeds and curry leaves. Once the seeds crackle add the ground masala paste and coconut, fry well for 5 minutes.

4. Add the cleaned opened cockles and stir well to allow masala to coat the cockles, if its very dry add 2 -3 tbsps water. Close the vessel and cook for 10 mins.

5. After 10 minutes open vessel taste for salt. Cockles are quite salty on their own so taste before adding any extra salt. Serve hot along with congee ( ricecooked and served in its water) or plain rice and [daalisosaar](#) .

Enjoy. For more recipes please visit the blog: Tickle My Senses. Address is found in

the Web Links.