

LOSE 10 POUNDS IN 28 DAYS Free Workout Poster!

Men's Health

TONS OF USEFUL STUFF

Hugh Jackman

NO WEIGHTLIFTING

25

REASONS IT'S GOOD TO BE HUNGRY RIGHT NOW

HERE ARE ALL THE TOOLS, TECHNIQUES, RECIPES, AND SKILLS YOU NEED TO START BUILDING MORE DELICIOUS, NUTRITIOUS MEALS TODAY.



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IDIOT-PROOF YOUR CLAMBAKE

Think of clams as self-contained steamers: When you heat bivalves, the water inside their shells gradually cooks their tender meat. Buy littlenecks—middle necks and top necks are too chewy. Then scrub them under cold water, toss them on the grill, and wait for the shells to part. Ken Oringer, chef and owner of Clio in Boston, recommends spicy clams casino: After the shells have opened, top each clam morsel with butter, a splash of hot sauce (like Cholula), and a squeeze of lemon.