



SAUCES: ESTATE (Summer) - Seafood

Soffritto: Onion, shallots, garlic. Finely chop onion and shallots (60 g). Lightly crush garlic. Sauté all in olive oil until golden. Remove garlic.

Purist Neapolitan (spaghetti alle vongole) recipe is only garlic (about three cloves). Cook with garlic in and remove before serving.

Ingredients for a 500g package pasta:

- Clams: 24 fresh or one can or 350g frozen
- Parsley, preferably fresh
- 5 oz. white wine
- Salt and pepper
- Peperoncino

Directions:

- Add the whole fresh clams and a little white wine to the *soffritto*, cover and cook until clams open.
- For canned clams: drain the water from the can add to *soffritto* and sauté for a few minutes.
- For frozen clams, put them in the *soffritto* frozen and cook for a few minutes.
- Drain pasta and save some of the water.
- Toss the clam sauce and the drained pasta into a frying pan (*saltata in padella*). Add some of the pasta water if needed. Add chopped parsley at the last minute. Salt and pepper to taste.

Optional ingredients: canned tuna, calamari, passata (puréed tomato), capers, seafood medley.

Tuna variation: For tuna sauce, add *passata* (tomato purée) to *soffritto*. Cook for about 10 minutes, add canned tuna. Continue as per clam sauce.

Calamari: Clean and slice calamari in thin strips. Sauté calamari in the *soffritto*, add a little white wine. Continue as per clam sauce.

Tips:

- *Use both fresh and canned or frozen clams in the same dish.*
- *Frozen seafood medley is good to keep in the freezer. Use instead of clams*
- *Mussels are amazing but must be steamed first. Discard shell and add to tomato sauce. Save a few with shell for decoration.*
- *Buy fresh fish from a good fish shop. Clean and freeze so it is ready to use when you needed.*
- *Substitute wine with beer.*