

SEAFOOD PASTA ALA FREDERICO FLANAGANZIANO

Ingredients

- 1/2 cup extra-virgin olive oil
- 4 cloves garlic, sliced
- 2 cups canned peeled tomatoes, drained and coarsely chopped (or squeezed by hand if by real Italian)
- Sea salt and black pepper (seasoned to taste)
- 1 pound clams, scrubbed
- 1 pound small mussels, scrubbed
- 1 pound shrimp (optional)
- 1/2 cup white
- 1 pound spaghetti
- 1 bunch Italian parsley, finely chopped to yield 1/4 cup



Directions

- Bring 6 quarts of water to a boil and add 2 tablespoons salt. (for pasta)
- In a 12 to 14-inch saute pan, heat the olive oil over medium-high heat, and add the garlic and parsley..
- Cook 2 minutes, then add 1/2 cup wine.
- Cook a few minutes then add the tomatoes.
- Raise temp and cook until the tomatoes give off their juices, about 10 minutes.
- Season with salt and pepper and add the mussels and clams. Cook, stirring and tossing, until all of the mussels and clams have opened, about 10 minutes.
- Discard any that have not opened. (do not add cheese)
- Meanwhile, cook the pasta in the boiling water until tender yet al dente, about 7 minutes.
- Drain and add to the pan with the sauce.
- Cook over high heat 2 minutes, adding the parsley and adjusting the seasoning with salt and pepper, to taste.
- Add shrimp for approx 7 min. Serve with wine and garlic bread.

