

SPAGHETTI WITH CLAM SAUCE

This is one of Italy's most famous pasta dishes, sometimes translated as "white clam sauce" to distinguish it from that other classic, clams in tomato sauce.

INGREDIENTS

2 ¼ pounds fresh clams
1 tablespoon olive oil
3 tablespoons chopped fresh flat-leaf parsley
½ cup dry white wine
10 ounces dried spaghetti
2 garlic cloves
salt and freshly ground black pepper



SERVES 4

1 Scrub the clams under cold running water, discarding any that are open or that do not close when sharply tapped against the work surface.

2 Heat half the oil in a large saucepan, add the clams and 1 tablespoon of the parsley and cook over high heat for a few seconds. Pour in the wine, then cover tightly. Cook for about 5 minutes, shaking the pan frequently, until the clams have opened. Meanwhile, cook the pasta in a large saucepan of boiling salted water, according to the package instructions, until tender or al dente.

3 Using a slotted spoon, transfer the clams to a bowl, discarding any that have failed to open. Strain the liquid and set it aside. Put eight clams to one side, then remove the rest from their shells.

4 Heat the remaining oil in a clean saucepan. Cook the whole garlic cloves over medium heat until golden, crushing them with the back of a spoon. Remove the garlic with a slotted spoon and discard.

5 Add the shelled clams to the pan, gradually add some of the strained liquid from the clams, then add plenty of pepper. Cook for 12 minutes, gradually adding more liquid as the sauce reduces. Add the remaining parsley and cook for 1-2 minutes, stirring occasionally.

6 Drain the pasta, add it to the pan and toss well. Serve in individual dishes, scooping the shelled clams from the bottom of the pan and placing some of them on top of each serving. Garnish with the reserved clams in their shells and serve immediately.

NUTRITIONAL NOTES

Per portion:
Energy 425 cal
Total fat 4.5g
Saturated fat 0.4g
Cholesterol 0mg
Fiber 1.5g