

Peloton



Giro d'Italia
OFFICIAL GUIDE

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SHELLS & CLAMS

Growing up in New England, my staple Italian dinner was spaghetti with clams, garlic and white wine sauce. It is delicious but I always felt it was hard to eat and messy—you were for sure going to ruin your shirt. So, when I made this recipe, I thought about putting the clams in pasta shells, allowing the shells to hold the sauce and the chopped clams—and saving your clean shirt. This makes a classic a lot of fun and it's much easier to eat.

HERE'S WHAT YOU NEED

- 36 small clams (*Manila or cockles*) in the shell, scrubbed 6.5 oz can chopped clams in juice (*Bar Harbor brand preferred*)
- 1 lb Conchiglie pasta
- 4 tablespoons extra virgin olive oil
- 3 cloves garlic, minced
- ¼ teaspoon hot red pepper flakes
- ½ cup white wine
- 1 tsp red boat fish sauce
- 1 tsp lemon zest
- 3 tablespoons chopped fresh Italian parsley
- Pangrattato (*see right*)

HOW TO PREPARE IT

Bring a large pot of lightly salted water to a boil. Meanwhile, soak clams in cold water for about 10 minutes, agitating occasionally. This will purge any sand from the clams. Drain and set clams aside. Add pasta to boiling water and cook until slightly underdone; the pasta will finish cooking

in sauce. While the pasta is cooking, place a large saucepan over medium-low heat and add olive oil, garlic and chili pepper. Sauté gently, reducing heat if necessary so garlic does not brown. Add clams and white wine to the pan and cover. Clams should open in about 2 minutes; then add the chopped clams with the juice and agitate the pan to combine.

Drain the pasta and add it to the pan with the clams; cover the pan and shake gently. Allow to simmer for another 1 or 2 minutes to finish cooking the pasta. Discard any clams that have not opened. Add the parsley, fresh lemon zest and Red Boat fish sauce then shake pan to distribute evenly. Transfer to a plate or bowl, and sprinkle with pangrattato (seasoned breadcrumbs). You should not add cheese to this dish.

HOW TO MAKE PANGRATTATO

- 1 cup coarse breadcrumbs
- 2 tsp lemon zest
- 3 tbsp extra virgin olive oil
- 2 tbsp chopped parsley
- 1 tsp chopped thyme
- Kosher salt (*to taste*)
- Fresh ground black pepper

Place a sauté pan over medium heat and add the extra virgin olive oil. Add the breadcrumbs and toast, constantly stirring. Once the breadcrumbs are golden brown, about 4 minutes, add the herbs and lemon zest, and stir for one more minute. Taste and adjust with salt and pepper. Spread the breadcrumbs on a sheet tray to cool before using. Can be stored in an airtight container for several days. *Pm*

Words/image: Chris Cosentino