



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

JUNE 2020
Recipe 133

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Fregola con Arselle

PREPARATION

1 - Place the clams in a cold salted bath for an hour to flush out. Next, drain and rinse them thoroughly under cold running water.

2 - Place 2 tablespoons of the oil in a large skillet set over a medium heat. When hot, add the clams; pour in the wine, cover and cook for about 3-4 minutes, shaking the skillet to help the clams open up. Shell $\frac{3}{4}$ of the clams and leave the rest in the shell for garnishing. Strain the cooking liquid through a muslin or a fine sieve and reserve it for later.

3 - Place the remaining oil with the garlic in a large saucepan. Add the parsley and let it infuse the oil for a couple of minutes, then stir in the fregola. Toast it for one minute, stirring often, then pour over the tomato sauce and the clam juice. Carry on cooking the fregola, adding water as needed, until soft but al dente. Season to taste.

4 - At the very end, stir in the shelled clams. Cook the clams with the fregola for a minute or two before serving. Serve the fregola right away topped with the clams in their shells.

INGREDIENTS

1kg clams
4 tbsp extra virgin olive oil
150ml dry white wine
2 garlic cloves, peeled and crushed
1 bunch of flat-leaf parsley, finely chopped
250g fregola
200g passata
sea salt
freshly ground black pepper

COOK'S NOTE:

Arselle, a type of clam local to Sardinia (any type of clam will do for this recipe), and fregola, a handmade form of semolina, are two prized ingredients from Sardinia that comprise this delicious summer dish.

Bon Appétit!
-George