



GEORGE  
CHIALA'S  
RECIPE  
OF  
THE MONTH  
COLLECTION

JUNE 2021  
Recipe 145

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## Frutti di Mare (Fruit of the Sea)

### PREPARATION

- 1 - Bring a large pot of salted water to a boil. Cook the spaghetti according to the package directions until al dente. Drain and reserve 1 cup of the salty pasta water.
- 2 - Meanwhile heat up a large skillet on medium low flame. Add olive oil, garlic and red pepper flakes. Stir quickly making sure not to burn the garlic. Add in the clams and mussels and toss.
- 3 - Pour in the white wine and cover with a lid. Cook for about a minute or so until the clams start to open.
- 4 - Add the shrimp to the skillet with the clams and give it a stir. Cover and cook for another minute or so.
- 5 - Once all the clams and mussels have opened and the shrimp is almost cooked, add the squid tentacles. Cook another 30 seconds or so until they curl up.
- 6 - Taste for seasonings and add more sea salt if needed.
- 7 - Meanwhile warm up the sauce in a saucepan. Pour the sauce over the seafood and toss to coat well.
- 8 - Add the cooked spaghetti pasta to the skillet with the seafood and toss to coat in the sauce. Add a little bit of the reserved pasta water if needed to stretch out the sauce.
- 9 - Transfer your seafood spaghetti to a serving platter, drizzle with more olive oil, sprinkle with parsley and serve immediately.



(photo by Marc-Henri)

### INGREDIENTS

- 1 lb clams & mussels (mixed) cleaned well
- 1 lb wild shrimp peeled
- 1/2 lb squid tentacles
- 1/4 cup extra virgin olive oil
- 4 cloves garlic grated
- 1 teaspoon red pepper flakes + more to taste
- 1/2 cup white wine
- 1 lemon for serving
- 1/3 cup fresh chopped Italian parsley
- 3/4 lb spaghetti
- 1 batch Arrabiata tomato sauce made in advance
- sea salt to taste

### COOK'S NOTE:

Frutti di Mare, a very popular Italian dish meaning "fruit of the sea," is typically made with the freshest sea food you can get your hands on. The recipe uses baby clams, mussels, squid and shrimp in a thick Arrabiata sauce. This savory dish is one of the most impressive meals you can create in 30 minutes.

Bon Appétit!  
-George