

Meet Me In The Kitchen

with Connie Spiros

Aired weekly on Milton Comcast Channel 8

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SHOW SEVEN

Fred Zagrodny

Grocery Supervisor - Fruit Center Marketplace

Fruita di Mare over Linguine

INGREDIENTS

2-3 Tablespoons olive oil

1 lb. mussels

1 lb. little neck clams

1 whole head of garlic, minced

1 cup chopped onion

Half bottle of good white wine (White Bordeaux is great!)

1/2 lb large shrimp (shells removed, tails intact)

1/2 lb sea scallops (cut in half or quarters)

2 cups plus chopped fresh parsley

1/2 stick butter, cut into small pieces

1 lb of linguine

THE METHOD

In advance, wash clams to remove all the sand, and remove beards from mussels. Make sure all the clams and mussels are closed up tight. If any are open, tap the shell lightly to see if it closes, and if not, throw away, do not use! In a separate pot, bring salted water to a boil, and follow the package directions to cook the linguine. Set aside. Pour olive oil into a very large sauté pan and swirl around to coat well. Once pan is hot, add mussels, little necks and onions and spread out in a layer. Cover pan, lower heat to medium-high and let shellfish cook for about 5 minutes until they open up. If any shellfish that do not open, discard. Move the clams and mussels to the sides of the pan, leaving a space in the middle to add the garlic. Cook garlic for just about 1 minute watching not to burn it or it will get bitter. Pour wine all around the pan and raise heat to high, and cook until the alcohol smell cooks off, about 3 minutes. Add the shrimp and scallops and cook for another 3-5 minutes, (don't overcook!) Add butter and swirl around the pan to make sure it blends in. Sprinkle 1 cup of the parsley on top. To serve, place linguine in a very large bowl or serving dish, blend in about 1/2 cup of parsley. Pour the Fruita di Mare over the pasta, and serve with some great Tuscan style bread since the juices are also great for dipping!

Meet Me in the Kitchen Show #7 Fred Zagrodny - taped 082306

Store hours: Monday – Saturday, 8am to 8pm; Sunday, 8am to 6pm

Milton Marketplace • 10 Bassett Street • East Milton Square • 617-696-5274

Hingham Marketplace • 79 Water Street • Hingham Harbor • 781-749-7332

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