

Frutti Di Mare

Ingredients

3 T Olive Oil	1 Onion (chopped)
4 clv Garlic (crushed)	2 Anchovy Fillets
1 T Tomato Paste	48 oz Crushed Tomatoes (canned)
2 c Tomato Sauce	1 c Parsley (chopped)
1/4 t Red Pepper Flakes	1 t Italian Seasoning
3/4 c White Wine	10 c Water
1/2 lb Clams (scrubbed and debearded)	1/2 lb Mussels (scrubbed and debearded)
1/2 lb Scallops	1/2 lb Shrimp (peeled and deveined)
2 t Salt (plus 1 tablespoon)	12 oz Linguine
	0 ds Ground Black Pepper

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Instructions

1.Heat the olive oil in a large saucepan over medium heat. Add the onion and garlic, and stir for 5 to 8 minutes until the onions are translucent. Season the onions and garlic with salt and pepper.

2.Add the anchovies and the tomato paste and cook for about 2 minutes, breaking up the anchovies with a spoon. Stir in the tomato sauce, crushed tomatoes, $\frac{1}{4}$ cup parsley, $\frac{1}{4}$ teaspoon red pepper flakes, 2 teaspoons salt, Italian seasoning, and white wine. Bring the contents of the saucepan to a boil, then reduce the heat and simmer for about 15 minutes until the sauce has thickened.

3.Meanwhile, bring the water to a boil in a separate stockpot over high heat. Add 1 tablespoon salt then the linguine to the boiling water and cook it until it is barely al dente, about 6 minutes. Drain the pasta, reserving about 1 cup of the pasta water.

4.Add the clams to the saucepan and cook them until they open, about 8 to 10 minutes. Transfer the clams to a large bowl, discarding any that did not open. Add the mussels to the saucepan and cook them for about 3 to 5 minutes, until they open. Transfer the cooked mussels to the bowl with the clams, again discarding any that did not open.

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5. Bring the sauce back to a boil, then add the shrimp and scallops and cover the pan. Remove the pan from heat and let it sit for 5 to 8 minutes until the shrimp and scallops are just about cooked through.

6. Return the pasta sauce to the stovetop and bring it to a boil. Add the cooked pasta and 1/4 cup of reserved pasta water to the pan, and simmer for about 2 minutes until the sauce thickens. Add more water as needed.

7. Season the dish with salt, ground pepper, and red pepper flakes to taste. Transfer the pasta mixture to a large bowl. Arrange the cooked clams and mussels over the pasta and garnish with the remaining fresh parsley.