

Frutti di Mare

This is a great seafood and pasta dish that is served in many Italian Restaurants. Typically it served in very large portions which I can rarely finish. But it is very delicious. Here is my version of this great dish. Enjoy!

- 2 tbs Olive Oil
- 1 tsp Crushed Red Pepper
- 2 tbs Chopped Garlic
- ½ cup White Wine (use what you like to drink)
- ¼ cup Fresh sliced Basil
- ¼ cup Fresh Parsley finely chopped
- 2 Shallots, chopped
- 8 oz Medium size Bay Scallops
- 1 dz Little Neck Clams
- 1 dz Mussels
- 1 dz Large Shrimp (peeled n deveined)
- 1 can Crushed Tomatoes (28 oz)
Salt and Pepper
- 1 lb Angel Hair Pasta (prepared according to package)
- ½ cup Grated Parmesan



Heat oil in large sauté pan on medium heat. Add in the garlic and let cooked for about a minute. Add in your wine, tomatoes, crushed red pepper, chopped shallots, mussels, and clams. Salt and pepper for taste. Cover and raise the heat to medium-high. Uncover after 3 minutes and turn down the heat to a simmer. The clams and mussels should open up when done. Now add in the shrimp, scallops, and ½ of the parsley and basil. Leave the rest for garnishing your dish. Place Angel Hair in serving bowls, top the pasta with the sauce and seafood. Garnish with the remainder of the parsley, basil, and grated parmesan. Serve with warm Italian Bread. Makes 4 servings.

Great Eats!

Mike Popella