



SA FREGULA CON VONGOLE

A traditional soup of Sardinian cous cous with baby clams in a saffron broth
(serves four)

Ingredients:

- 24 Littleneck Clams or Cockles
- 1 Cup & 4 Cups of Fish Stock (or substitute Vegetable Stock)
- ¼ Cup plus 2 Tablespoons Extra Virgin Olive Oil
- 2 Cloves of Garlic, thinly sliced
- 1 small bunch Italian Parsley, finely chopped (about 1/3 cup)
- Crushed Red Pepper to taste
- Salt to taste
- 1 Pinch of Saffron (Sardinian is recommended)
- ½ Pound **Fregula** (1 ½ cups)
- 3 medium Roma Tomatoes, diced, seeded & peeled
- Zest of 1 Lemon (about 1 teaspoon)

To Prepare:

Wash clams thoroughly with fresh water. Place clams in a large pot with one cup of the stock. Heat until clams open. Separate the clams from the juices. Pass juice through a sieve lined with cheesecloth to remove any sediment and impurities. Reserve juice. Set clams aside keeping warm.

Bring remaining fish stock to a boil.

Heat ¼ cup of olive oil over a medium heat in a large pot (terracotta if possible). Add sliced garlic, parsley and crushed red pepper and sauté until garlic is tender, approximately one minute.

Add the natural clam juice and boiling fish stock. Add salt to taste (carefully, since the natural juice is already salty). Bring to a boil, add fregula, pinch of saffron and chopped tomatoes and cook 10 minutes on a medium heat. Stir frequently to prevent sticking. (Add more stock if broth seems dry).

Remove from heat and add stir in lemon zest. Divide clams among bowls, placing around rim. Fill with the soup. Drizzle with remaining extra virgin olive oil.

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