

Cozze all'aglio e prezzemolo

INGREDIENTS

(serve 4)



About 50 mussels (10-12 per person)
2 Cloves of fresh garlic
2 Tablespoons chopped fresh parsley
4 Tablespoons of [Extra virgin olive oil](#)
1 Fresh lemon (juice)
1/2 Chopped lemon
1/2 glass of [White wine](#)

If preparing one of the variations suggested:

125 ml single cream
125 gr of [Passata](#)

Wine pairing suggestions



[Pecorino Le Murate, Nicodemi](#)



[Trebbiano D'Abruzzo Superiore, Nicodemi](#)

Description

An easy and quick dish to make, this would normally be a starter but adding more mussels can transform this cozze, aglio e prezzemolo (mussels, garlic and parsley) a main course, just ensure there is plenty of bread to dip in the sauce

Preparation

Select large fresh mussels, scrape the shells with a knife or wire brush, soak in cold water and sea salt for a couple of hours, to allow the mussels to expel any sand from the inside. Crush the garlic and put in the pan with extra virgin olive oil, let it fry for a few minutes until it becomes gold, and add the mussels, cover and cook over high heat until they start to open, it should take between 3

and 5 minutes, splash with white wine, simmer for a couple of more minutes, squeeze the lemon, grind some black pepper if you like, sprinkle some chopped parsley and serve hot in deep plates.

Cream variation. Once the mussels start to open, add the white wine and then the fresh cream.

Tomato variation. Once the mussels start to open, add the white wine and then the passata