

Linguine alle vongole



INGREDIENTS

(4 portions)

400g linguine

1kg fresh clams (vongole)

3 tbsp extra virgin olive oil

2 garlic cloves, thinly sliced

125ml dry white wine

A small bunch of fresh parsley, finely chopped

Salt and freshly ground black pepper

Optional: a pinch of dried chilli flakes

Optional: zest of ½ a lemon

[Multicultivar Harmonia EVOO, Frantoio Converso](#)

[Egg Linguine, Sapori di Casa](#)

Wine pairing suggestions



[Trebbiano d'Abruzzo Colline Teramane, Nicodemi](#)

Description

Linguine alle Vongole (Clams Linguine) is a classic Italian seafood pasta dish that captures the essence of coastal cooking with just a few simple ingredients. Fresh clams, garlic, white wine, and parsley come together to create a light yet deeply flavorful sauce. Perfect for a summer evening or an elegant dinner, it's a true taste of the Mediterranean.

Preparation

Let the clams drain in cold water for about one hour to let them release any sand. Rinse thoroughly under running water. Bring a large pot of salted water to a boil. Cook the linguine until just al dente. Reserve about ½ cup of pasta water, then drain the pasta.

While the pasta cooks, heat the olive oil in a large, deep frying pan or skillet over medium heat. Add the sliced garlic (and chilli flakes if using) and gently sauté until fragrant but not browned, about 1 minute.

Increase the heat, add the cleaned clams and pour in the white wine. Cover with a lid and let the clams steam for about 3–5 minutes, shaking the pan occasionally, until they all open. Don't overcook the clams or they'll become rubbery. Discard any that remain closed.

Add the drained linguine directly into the pan with the clams. Toss well to combine, adding a little reserved pasta water if needed to loosen the sauce. Season with black pepper to taste (usually no salt is needed due to the clams).

Stir in the chopped parsley and lemon zest (if using). Serve immediately with a drizzle of extra virgin olive oil and an optional squeeze of lemon.