

By: Miguel Angel Mateos



Clams with Morado Garlic.



DIFFICULTY
LOW



COOKING STYLE
MEDITERRANEAN



NUMBER OF GUESTS
4



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
20 MINUTES



VARIETY OF GARLIC
MORADO

Ingredients

- 3 cloves of Big Garlic Morado garlic
- 1 kg of thick clams
- 1 onion
- 1 tablespoon of flour
- 1 cup of white wine
- Chopped parsley
- Extra-virgin olive oil
- Salt

Step by Step



1. Peel and clean the garlic cloves and chop them finely.
2. Do the same with the onion.
3. Wash the clams in cold water, removing any that are broken or have a strange smell.
4. Add a drizzle of extra-virgin olive oil to a pan over a medium heat.
5. Add one chopped piece of garlic to the same skillet over a medium heat, and add the onions straightaway so that the garlic does not burn.
6. Leave the onion to fry nicely and add the tablespoon of flour, stirring thoroughly to avoid lumps. Leave it on the heat for a few seconds, stirring constantly, and add the white wine, mix everything thoroughly and add the clams.
7. Cover the pan and leave it for a few minutes until the clams open, and then remove them from the heat.
8. Add salt to taste and add chopped parsley.

FINISHING THE DISH:

9. Place the open clams on a deep plate or dish, giving them some volume, and pour the rich garlic sauce over them, so that it remains in the pan.

CHEF'S TIPS Miguel Angel Mateos:

- The most important aspects of this dish are the quality of the products, their freshness and the quality of the cooking. We should not spend too long on cooking if we want to enjoy fantastic textures.
- You should always use very fresh material, consumed the same day to avoid possible contamination.
- Clams often contain a lot of soil. To avoid this, leave them in cold salt water for one hour prior to use, so that they end up filtered and cleaned of soil.
- Any clams that are still closed afterwards, while the others are open, should be discarded and not forced open, as this means the clam was already dead and could be in bad shape.