



Lumache Di Mare

- 3 lb fresh sea snails, in shells (1.36kg)
- 1/4 cup extra virgin olive oil (58ml)
- 2 garlic cloves, crushed
- 1 fresh chili pepper, chopped
- 1 cup white wine (235ml)
- salt to taste
- a bunch of fresh flat leaf parsley, chopped
- *thin wooden skewers or sturdy toothpicks

Com Si Fa?

- To clean and cook sea snails, boil for approximately 20 minutes in a pot of water. This will remove the sand and grit trapped inside the shell and cook the snail meat.
- In a saucepan, heat up olive oil and sautè garlic and chili peppers.
- Add snails, and then add wine and cook for a few minutes.
- Add salt, parsley and toss together well. Serve immediately.
- Provide guests with thin wooden skewers or sturdy toothpicks so that they can easily pick the snails out of the shells.

Per 4 persone



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