

## FRIENDSHIP'S PASTA

EMMER WHEAT RISOTTO-STYLE FETTUCCINE,  
 WITH SEA BREAM, CLAMS AND SHRIMPS.

### INGREDIENTS FOR TWO/THREE PEOPLE



4/6 NESTS OF SGAMBARO  
 EMMER WHEAT FETTUCCINE



1 MEDIUM FILLETED  
 SEA BREAM



1 BAG OF  
 SHORT-NECKED CLAMS



10 SHRIMPS



4 TABLESPOONS OF  
 DATTERINI TOMATO SAUCE



3 CARROTS



3 CELERY  
 STALKS



5 CLOVES  
 OF GARLIC



1 ONION  
 AND A HALF



WHITE WINE  
 TO TASTE



BAY LEAF



PARSLEY



SEASONING  
 TO TASTE



SALT AND PEPPER

### METHOD

Clean the shrimps and clams, check that the sea bream fillets are boneless and cut them into pieces. Scald the sea bream and the shrimp tails separately with a drizzle of oil with a clove of unpeeled garlic. Take off the heat and keep warm in small cups closed with cling film.

Put the clams in a pan and pour a drizzle of water, of oil and of white wine and add aromatic herbs to taste: increase the flame and cover with a lid, letting the steam open the clams. Once opened, take them off the heat, remove the clams and keep their water aside.

• **PREPARE THE SHRIMP BISQUE:**  
 • in a pan cook a sauté with 2 cloves of unpeeled garlic,  
 • half an onion, a carrot and a stalk of celery  
 • cut into pieces, pepper, bay leaf, parsley and other  
 • seasoning to taste, place the shrimp heads on it  
 • and fry everything at high heat; then add about half a  
 • litre of water and two tablespoons of datterini tomato  
 • purée and leave to thicken for half an hour.

• **PREPARE THE FISH FUMET:**  
 • in a pan with high sides add about one litre of water,  
 • 1 onion, 2 carrots, 2 stalks of celery, bay leaf,  
 • bones and head of the sea bream, and let it thicken  
 • for an hour.

• Once ready, filter the broths and the water  
 • of the clams and use them to cook the pasta  
 • like a risotto: heat a clove of unpeeled garlic  
 • in a large saucepan with a drizzle of oil and add  
 • the water from the clams, a ladle of broth and one  
 • of bisque, bring to a boil and add the fettuccine nests.  
 • Cover with a lid to soften the pasta; using a ladle,  
 • help to open the pasta nests and continue cooking  
 • like a risotto, alternating ladles of the two broths.  
 • After about five minutes, when the pasta is almost  
 • ready, add two tablespoons of datterini sauce,  
 • the sea bream, shrimp tails and clams.

• Taste and add salt and pepper if needed and finish  
 • cooking until the fettuccine have the desired texture.

### WHAT THE DIETICIAN SAYS

This dish is appreciated above all because it provides the perfect amount of essential polyunsaturated fatty acids, whose average intake in the population is generally low.

**Emmer wheat** is richer in mineral salts and beta-glucans with respect to soft and hard wheat. These are the main constituents of those soluble fibres that contribute to slowing down starch absorption of the pasta and thus keeping a low glycaemic index which makes it particularly suitable for those who practice sports and competitive activities. Thanks to its slow absorption it is equally appreciated by diabetics and by those who have a tendency to gain weight by leading a sedentary life. Its gluten content is low on average when compared with more "modern" types of wheat and is better tolerated even by those who suffer from "gluten sensitivity", even if it is not suitable for coeliacs.

**Sea bream** meat contains: omega 3 fatty acids, precious allies for the health of the heart and arteries, calcium and phosphorus, crucial for the development and health of bones and teeth, iodine, crucial for regular thyroid function, and iron, a key component of haemoglobin, precious for athletes as it carries oxygen to the muscles.

**Clams** are an excellent source of potassium, useful for the functions of the organs which, combined with magnesium, restores muscle efficiency. They provide vitamin A, against free radicals that sportspersons produce in large quantities. However, they are also rich in cholesterol, therefore they must be eaten occasionally. The same applies for **shrimps**, which provide a good amount of omega3 fatty acids, are an excellent source of selenium and also contain astaxanthin, a carotenoid that shrimp obtain by feeding on algae.

*Dig in and enjoy your workout  
 from pasta Sgambaro.*

FOR A GOOD AND BEAUTIFUL LIFE,  
 FROM FIELD TO HEART.