

CLAIMS WITH FISH SOUP

Ingredients

<i>1 kg of fresh claims</i>	<i>15</i>
<i>3 or 4 spoons of olive oil</i>	<i>100</i>
<i>a clove of garlic</i>	<i>10</i>
<i>300 grams of Sardinian tomatoes</i>	<i>21</i>
<i>a glass of white dry wine</i>	<i>50</i>
<i>small pieces of toast</i>	<i>200</i>
<i>total calories (about)</i>	<i>400</i>

Preparation

Leave the clams with water and salt in a wide bowl for a night, change the water sometimes.

The next morning put the clams in a wide saucepan with a lid and let them open up.

Take the clams away from their shell and the pan as soon as they open up. Just in case turn off the stove (if the clams cook too much, they get hard!)

Strain the remained broth more than once.

Make also some fish soup (it is also fine with cube soup if you do not have the real broth) for possible additions.

In a clean pan, add the spoons of olive oil and garlic and, as soon as the clams warm up, add them and the white wine. Do not make the whole thing evaporate too much. Immediately add the tomatoes cut in small pieces and in the end parsley, salt and pepper as much as you want. The fish soup has to be plentiful.

I personally like the tomatoes still uncooked, but everyone can do has he prefers.

Serve in plates previously warmed up with some slices of wholemeal toasted bread.