



Garlic Butter Whelks over Spaghetti

240 min

CA

4

Ingredients

1 pound (~12) whelks, cleaned

7 cloves garlic, chopped

3/4 cups extra virgin olive oil

1/2 bunch parsley, chopped

1 cup white wine*

1/4 teaspoon pepper + pinch of salt

1 pound spaghetti

*Non-alcoholic substitute: 1/2 cup vinegar + 1 tablespoon sugar + 1/2 cup water

In a pot, heat 5-6 cups water.

Once it reaches boil, add a dash of salt.

Submerge whelks in boiling water. Simmer several hours, until tender.
Turn off heat, set aside broth and cut the whelks into bite-sized pieces.
In a deep skillet, heat oil and sauté garlic for 2 to 3 minutes.
Add the whelks, wine and broth to the skillet, adding salt to taste.
Simmer in skillet for 20 minutes to 1 hour.
Before removing from heat, add parsley and 1 tablespoon of oil.
In a separate pot, boil pasta until almost tender.
Drain pasta, add to the broth and continue cooking until pasta is done.
Serve immediately with a sprinkle of parsley.

Recipe adapted from A Well Seasoned Life

Species Group

Abalone, Whelk