

Linguine Frutti di Mare

Ingredients

Sea bass	Mixed herbs
Shrimps	Bay leaf
Cuttlefish	Onions
Mussels	Cream
Linguine	Fresh milk
Olive oil	

Seasoning

White wine
Salt & pepper



The Steps

The Sauce

Slice sea bass & cuttlefish. Finely chop onions.

Poach the seafood - sea bass, shrimps, cuttlefish, mussels.

Heat olive oil in saucepan. Add in bay leaf. Stir-fry onions & mixed herbs. Add in seafood. Pour in white wine, fresh milk & cream.

Season with salt & pepper.

The Linguine

Bring water to boil. Add linguine.

Pour olive oil and salt into water.

Discard hot water when linguine is cooked.

Add more olive oil.

To Serve

Mix sauce with linguine.

Done!



我家傳食譜

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Cooking Tips:

1. To tell if the linguine is cooked, break one piece and check the cross section. Yellow ring with white centre means it is not cooked yet.
2. Thickness of white sauce can be adjusted by the amount of cream added.