



Pasta - Summer Jul 31

Tinned Cockle Fettuccine



Borough Market is one of those food pilgrimages that pays dividends at each visit. A massive and confusing array of paths, alleys, and streets that houses everything from Scotch eggs to Cypriot street food. But the best part is the fishmongers that are shucking, steaming, and slinging all sorts of fresh shellfish. Years ago, one was offering little styrofoam cups full of shucked cockles served with a wedge of fresh lemon and a tiny plastic fork - and by the advice of a friend I dug in. I was sucking these bivalves down like a

pelican that just made it across the Pacific. I have rarely been that happy eating anything since.

This recipe is all about bringing that experience to pasta. Since cockles are a little harder to find in the US than our beloved littlenecks, I went the tinned route. Take note before scoffing at the idea, tinned fish, especially good (and usually pricey) tinned fish can be just as good as the fresh stuff. Mixed with a bunch of garlic, lemon, white wine, and fresh parsley it creates a dish that is reminiscent of a good clam sauce, however, the sheer number of cockles per serving here makes this briny pasta something very uniquely special.

The Recipe

Servings: 4

Prep time: **5 mins.**

Cook time: **15 mins.**

Difficulty: **Easy**

Special Equipment:

N/A

Notes:

This recipe uses the brine of the tinned cockles, so there really is no need for much salt. But if you are a sodium monster, add it to taste.

Ingredients & Mise en Place

- 16 oz. fettuccine
- 4 - 4oz. cans of tinned cockles
- 1½ cups dry white wine
- 1 lemon - zested and juiced
- 2 tbsp. unsalted butter
- 4 garlic cloves - finely diced
- 4 tbsp. flat Italian parsley - finely chopped
- Good extra virgin olive oil
- Ground black pepper

Preparation

01.

Bring a large stockpot of heavily salted water to a boil. Add the pasta and cook before it is al dente. For dried pasta that is about 7-8 minutes.

02.

In a large and deep sauté pan melt the butter over medium heat. Once melted and before it begins to brown, add the garlic. Sauté until fragrant, about 2 minutes. Add in the white wine and simmer for 1 minute. Then add in cockles and their brine, lemon zest, and juice, 3 tablespoons of parsley, and black pepper to taste. Bring to a simmer and then reduce heat to low.

03.

Strain the pasta and add to the sauce. Cook for 1 to 2 minutes more.

04.

Divide the pasta amongst 4 plates and cover each with the remaining sauce and cockles. Top with the remaining parsley, a little extra virgin olive oil, and serve.

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