

# I FASOLARI

ORGANIZZAZIONE PRODUTTORI



**Organization of Producers of Fishing of Fasolari of the High Adriatic Soc. Coop.**

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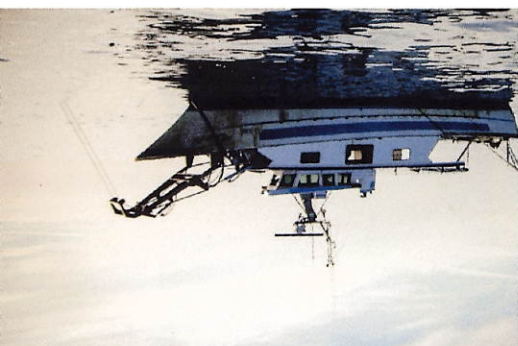
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*Fishing but most of all promotion of a clam of excellence,  
present only in the north of the Adriatic Sea  
and exclusively produced in Italy by*







## How to clean fasolari

Fasolaro is a clam, recommended to be opened while raw and cooked after a short processing, in order to enjoy its soft texture and maintain its taste and organoleptic properties unchanged.

Maintain a tight grip on the fasolaro in the palm of your hand, with the short side of the shell inwards. In order to avoid damaging the beautiful insides, insert the knife blade for a few millimeters between the two parts of the shell and make it slide sideways towards the callus, carving it, and lightly forcing the shell. Repeat the process in the opposite direction.

Advice: In order to avoid wounds, use a knife with a round tip. Separate the two parts of the shell, making sure to save the water inside. Using the same knife remove the few small pebbles that might be on the base of the mollusk. Detach the fasolaro from the shell, rinse it and place it in a bowl, where the water from the inside of the shell has previously been set. Advice: water from the fasolaro shell is very tasty and extremely useful in the process of cooking the mollusk. Gather it and decant it. The secret to enjoy the flavor at its best and maintain the soft texture is the process of "beating". The mollusk has to be hit with a kitchen hammer on the red extremity until it softens. The fasolaro is now ready to be processed at its best, becoming part of meatballs, lasagne, sauces and seafood fry.

## Quality, purity and seasoning in a clean and non-polluted marine environment

One of the characteristics that make fasolari unique is their limited distribution on the sea bottom close to sand islands, a few hundred meters in diameter, that emerge from muddy depths. These bumps can be found beyond eight miles from the coast, in the Adriatic Sea, at depths of over 12 meters.

The distance from any source of earthly pollution grants the healthiness of the mollusk, especially as a consequence of the lack of microbiologic pollution.

A second important characteristic about the seasoning of the mollusk that, living offshore and far away from fresh water and in areas with high salt density sea waters, acquires a highly appreciated salt concentration, which differentiates this mollusk from other species that live in waters closer to the coast.

Nutritional values in 100 grams:

72kcal

Proteins: 8,57 gr

Carbohydrates: 0 gr

Total fat: 0,47 gr

## Lasagne with fasolari and zucchini

Open and carefully clean the fasolari, inserting the knife blade between the sides of the shell and detaching them. Carefully mince the fasolari. On the side, amalgamate grated bread and oil, finely minced parsley, salt and pepper. Add the minced fasolari. Rinse and dry the fasolari shells and grease them with some oil. Fill the shells with the previously obtained mix, add a small amount of butter and bake in the oven at 160° for about 20 minutes. They will be ready when a thin crust appears on the surface. Serve while hot.



## Grated fasolari

Open and carefully clean the fasolari, inserting the knife blade between the sides of the shell and detaching them. Roughly mince the fasolari. Let the onion, garlic and oil cook in a pan, then add the fasolari and the wine. Cook for about 10/15 minute. Add béchamel and amalgamate everything. Add cream, parsley and zucchini. Put the pasta and the fasolari sauce in layers in a baking tin. Put grated parmesan and a small quantity of butter on top of the last layer. Let sit for 12 hours, then bake in the oven at 180° for 20 minutes.



3kg of fasolari  
30 gr of minced onions  
extra virgin olive oil  
1 garlic clove  
½ glass of white wine  
1 lt of béchamel  
minced parsley  
30 gr of fresh cream  
150 gr of trifoliated zucchini  
300 gr of pre-cooked lasagna  
100 gr of parmesan cheese  
40 gr of butter

Ingredients for 4 people:

1kg of fasolari  
grated bread  
extra virgin olive oil  
parsley  
butter  
salt  
pepper