INGREDIENTS:
• 8 minced garlic cloves
• 2 cups dry white wine, such as Chardonnay
• 3 lbs. live cockles in the shell
• Parsley to garnish
• Lemon wedges to garnish

DIRECTIONS:
1. Place the cockles in a large colander and run cool water over them. Scrub them with a clean sponge to eliminate any algae or dirt on the shells.

2. Place the washed cockles in a skillet, and add the garlic and white wine. Heat the skillet over high heat until the wine begins to bubble, then reduce the heat to medium.

3. Simmer the cockles until most of them have opened. Cooking time may vary, but the cockles will generally be finished in five to 10 minutes. Discard any cockles that have not opened after 10 minutes of cooking.

4. Serve the cockles with the poaching liquid. Sprinkle parsley over them to garnish, and serve with lemon wedges.