

CLASSIC MUSSELS



MINUTES TO PREPARE

7



MINUTES TO COOK

10



SERVES

2



INGREDIENTS

3 shallots, peeled and diced
2 cloves of garlic, peeled and finely diced
1 teaspoon butter
100ml white wine
1kg mussels, cleaned
2 tablespoons white wine
2 tablespoons flat leaf parsley, chopped

LET'S GET COOKING

- 1 Start by preparing the mussels. If the mussels have seaweed on them then they will need cleaning. Half fill the sink with cold water and pour them in. Tug the seaweed from each mussel and discard. If your mussels are clean then you can skip this step.
- 2 Heat the butter in a large saucepan until bubbling. Add the shallots and garlic and sauté over a medium heat for 5 minutes until the garlic starts to take on some colour.
- 3 Add the wine and bring it to the boil. Let the wine boil for 3 minutes. Add the mussels and give the lot a good stir.
- 4 Place the lid on and cook over a medium heat for 10 minutes.
- 5 You can tell when the mussels are cooked as their shells will have opened. Discard any which remain completely shut.
- 6 Serve in big bowls. You will need a shell bowl on the table and spoons for the sauce. You can use a shell as pincers to get the mussels out.



Mussels are traditionally eaten in the UK when there's an 'r' in the month. Outside of these months is their growing season and they are best left alone."

"Growing up in Belgium, we enjoyed moules et frites (mussels and thin chips) regularly from a young age. Personally, I think they are best served the traditional way with shallots, garlic, white wine and loads of parsley. You can add cream but I don't think it's necessary. Have fun using an empty shell to pinch out other mussels from their shells and enjoy the delicious juices as a soup at the end. I have found that supermarket mussels (when in season) are really good (and cheap!)."