

MUSSELS WITH WINE, GARLIC AND THYME

EQUIPMENT

COLANDER, FRYPAN CHEF'S KNIFE

INGREDIENTS

1KG BLACK MUSSELS, 2 SLICED SHALLOTS, 3 CLOVES CHOPPED GARLIC, 8 SPRIGS OF THYME,
80GM WHITE WINE, 80GM CREAM, CHOPPED PARSLEY, OLIVE OIL

METHOD

DE-BEARD AND SCRUB MUSSELS DISCARDING THE ONES THAT HAVE CRACKED SHELLS, PLACE ON A LARGE TRAY AND SET ASIDE

HEAT A FRYPAN OVER A MEDIUM/HIGH HEAT ADD A LITTLE OLIVE OIL AND ADD SHALLOTS, GARLIC AND THYME AND SWEAT UNTIL FRAGRANT

POUR SHALLOT MIX OVER MUSSELS ADD WINE AND CREAM AND PLACE ANOTHER TRAY ON TOP

PUT IN A PRE-HEATED OVEN ON STEAM SETTING 100 DEGREES FOR 8 MINS

REMOVE FROM THE OVEN, SPRINKLE OVER CHOPPED PARSLEY AND PLATE UP

FINISH WITH A DRIZZLE OF OLIVE OIL

HINTS & TIPS

- WHEN USING MUSSELS, COOK THEM ON THE DAY THEY ARE PURCHASED
 - ANY MUSSELS THAT DON'T OPEN CAN BE STEAMED AGAIN FOR 2 MINS, IF THEY STILL DON'T OPEN DISCARD
 - THIS IS A CLASSIC FRENCH BISTRO DISH, SERVE WITH LOTS OF BREAD
- (DON'T FORGET TO ADD THE COOKING JUICES TO THE BOWL FOR DIPPING THE BREAD!)