

RECIPE COLLECTION BY Richie Wilson

Rope Mussels
With white wine cream

Rope Mussels

QTY	UNIT	INGREDIENTS:
500	g	Fresh Rope Mussels
100	ml	White wine
400	ml	Cream
100	g	chopped shallots
2	ea	crushed garlic cloves
1	tsp	chopped thyme
1	tsp	chopped flat leaf parsley
1	ea	Bay leaf
1	ea	Lemon

Method

Begin by heating a pot with a little oil, add in the shallots, garlic and thyme. Stir this gently for 1 to 2 minutes. Now add the white wine and bay leaf and bring to the boil.

Place all the mussels in the sink under cold running water and give them a good wash around each other trying to remove any beards or gravel or sand that may have gathered on them. Place them in a strainer and strain well until all the water is gone.

Add the mussels to the pot of boiling white wine and place a tight-fitting lid on. Steam for about 2 minutes before giving the mussels a really good stir before adding the cream then return to the heat for another 2 minutes. By now all the mussels should have opened and are ready to serve.

Just finish with a little freshly chopped flat leaf parsley and a squeeze of lemon.

Enjoy.
