



Mussels



the taste of fresh

SWEET AND TENDER

mussels cooked and ready to eat!

AVAILABLE:

17-22 ct. 5/2 #

17-22 ct 10/1 #

FRESH FACTS:

- Fully cooked in vacuum sealed bag
- Just steam and serve
- Excellent meat to shell ratio very sweet and tender

Product of Chile

the taste of fresh serving suggestions

MUSSELS IN TOMATO-WINE BROTH



ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

- 2 tsp. olive oil
- 2 tbsp. butter
- 2 tsp. garlic, minced
- 1/4 cup dry white wine
- 1 tsp. fresh lemon juice
- 1/4 tsp. crushed red pepper
- 1 (14.5 oz.) can stewed tomatoes (with juice and chopped)
- 1 (8 oz.) bottle clam juice
- 2 lbs. **Frozen Cooked Mussels**
- 2 tbsp. of flat leaf parsley, chopped

DIRECTIONS

Heat olive oil in Dutch oven over medium-high heat. Add garlic and sauté for 1 minute. Add wine, lemon juice, pepper, tomatoes, and clam juice; bring to a boil. Add mussels. Cover, reduce heat, and simmer 5 minutes or until shells open. Remove from heat. Stir in parsley and serve. *Goes nicely with a glass of white wine and Italian bread.* **Yields 2 servings**

MUSSELS IN SAFFRON CREAM SAUCE WITH SWEET GREEN PEAS



ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

- 4-5 lbs. **Frozen Cooked Mussels**
- A few filaments of saffron
- 2/3 cup dry white wine
- 1 clove garlic, whole
- 1 Bouquet Garni (fresh herbs tied together of thyme, parsley, bay leaf)
- 1 cup heavy cream
- 1 large egg yolk
- 1/2 cup sweet green peas
- Salt and pepper to taste

DIRECTIONS

Lightly steam mussels in water or fish stock until they open. Remove from heat and let cool, reserving liquid for later use. Remove meat from shells and place aside until ready to use. In heavy duty sauce pan add strained liquid, heavy cream and saffron threads, and place on medium-low heat for 15 - 20 minutes, stirring continually, allowing the saffron to infuse the cream. Season with salt and pepper. Remove some of the saffron cream and place in bowl, add egg yolk and whisk together. When done, add egg yolk mixture back into remaining cream, along with peas and mussel meat, and bring back up to temperature. *Serve as a starter course or as a main dish.* **Yields 4-6 servings**

