



Mussels

Remember to clean the mussels and drain all the excess water out



Small Pan

Contains Shellfish

INGREDIENTS

- 10 Mussels
- 120ml Lemon Garlic Sauce

EQUIPMENT

- Bain Marie
- 🥄 Large Spoon

METHOD

- 1 Place hot mussels from bain marie into a starter pan
- 2 Cover with Lemon Garlic Sauce and serve

NOTES

- Remember to clean the mussels and drain all the excess water out



Food safety

From the SOP - what the kitchen must not skip on this dish.

MUSSELS COOKING METHOD

SOP 9 - Food Book

Preparation: Whole Shell mussels from pre-portioned frozen packs. Cooking: Place frozen mussels directly into a pan on the flat top grill. Add 60ml water using a ladle. Add more water if needed during cooking. Cover the pan and steam for 3-4 minutes, or until all mussels have opened. Discard any mussels that do not open. Finishing: Drain any remaining water. Transfer mussels to a clean pan and spoon your chosen sauce over the top. Return the pan to the grill for 1 minute to heat the sauce through. Plating: Mussels are served in a large pan with the guest's chosen side in a small pan. Add OB bread rolls on a small coloured plate with a serviette.



ON THE PASS

Mussels

Plate - Small Pan

Method and video links are on page 1.