Saucy Mussel Starter

6 whole shell mussels with lemon garlic sauce or spicy sauce.



Starter pan, small coloured plate, serviette.

Contains Shellfish - Molluscs - Gluten

INGREDIENTS

- 6 whole shell mussels
- 60ml lemon garlic sauce OR 60ml spicy sauce
- 2 x OB bread rolls

METHOD

1. Use whole shell mussels directly from pre-portioned frozen packs.
2. Place frozen mussels into a pan on the flat top grill and add 60ml water. Add more water if needed.
3. Cover and steam for approx. 3-4 minutes until all the mussels open and the meat is soft.
4. Drain the water and dish into a clean starter pan. Spoon lemon garlic sauce or spicy sauce over the top.
5. Keep the pan on the grill for approx. 1 minute to heat the sauce.
6. Serve with 2 OB bread rolls on a small coloured plate with a serviette.

GARNISH

- 1g spring onion (green garnish)
- 2 bread rolls

EQUIPMENT

- Large spoon
- Flat top grill
- Large pan
- Pan lid

TIPS

- Pre-pack frozen mussels into portions of 6 and use per order.
- Check the mussels for beards and remove before cooking.
- Keep the mussels covered with a lid to ensure they cook properly.

WATCH THE METHOD

Mussels: receiving to cooking https://www.youtube.com/watch?v=yVFqVihSxME
Removing mussel beards https://www.youtube.com/watch?v=qAUOMGqJhZ4
Half shell mussels https://www.youtube.com/watch?v=UP_vTd58iTQ