Saucy Mussels

12 or 24 whole shell mussels finished in lemon garlic or spicy sauce with rolls and side.



Large pan, small pan, small plate with serviette.

Contains Shellfish - Molluscs

INGREDIENTS

- Whole Shell Mussels 12 / 24
- Lemon garlic sauce 180ml / 360ml OR spicy sauce 180ml / 360ml
- 2 OR 4 rolls
- 1 x side of choice

METHOD

1. Use only whole shell mussels from pre-portioned frozen packs.
2. Place frozen mussels directly into a pan on the flat top grill. Add 60ml water using a ladle. Add more water if needed.
3. Cover the pan and steam for 3-4 minutes, or until all mussels have opened. Discard any mussels that do not open.
4. Drain any remaining water.
5. Transfer mussels to a clean pan and spoon your chosen sauce over the top.
6. Return the pan to the grill for 1 minute to heat the sauce through.
7. Serve mussels 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.

GARNISH

- 1 lemon wedge
- 1g spring onion (green garnish)

EQUIPMENT

- Flat top Grill
- Large Pan
- Pan lid
- Large spoon

TIPS

- Pre-portion mussels into portions of 6 and store them frozen.

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
Full shell mussel disclaimer https://www.youtube.com/watch?v=qOMQG2e7YIA