



Saucy Mussel Starter

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



Starter pan, small coloured plate, serviette.

Contains Shellfish - 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



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

Saucy Mussel Starter

Plate - Starter pan, small coloured plate, serviette.

Method and video links are on page 1.