



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

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>



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 Mussels

Plate - Large pan, small pan, small plate with serviette.

Method and video links are on page 1.