Whole Shell Mussel Prep

Portion whole shell mussels into 6s for service.



Contains Shellfish - Molluscs

INGREDIENTS

- 1kg Bag of Frozen Whole Shell Mussels

METHOD

1. Place the sealed 1kg bag of Whole shell mussels in a basin of cold water, or run it under cold water, until the ice around the mussels starts to soften. Do NOT allow the mussels to defrost.
2. Take the sealed bag of mussels out of the water before they defrost.
3. Cut the bag open and pour off all excess water.
4. Gently separate the mussels, taking care not to break the shells.
5. Portion into bags of 6 mussels.
6. Seal and date the bags and immediately place back into the freezer.
7. Use from frozen as ordered.

EQUIPMENT

- Cold Tap Water
- Big Basin

WATCH THE METHOD

Removing mussel beards https://www.youtube.com/watch?v=qAUOMGqJhZ4
Mussels: receiving to cooking https://www.youtube.com/watch?v=yVFqVihSxME
Half shell mussels https://www.youtube.com/watch?v=UP_vTd58iTQ
Full shell mussel disclaimer https://www.youtube.com/watch?v=qOMQG2e7YIA
How to cook whole shell mussels https://www.youtube.com/watch?v=_EZStqiq9qA