



Whole Shell Mussel Prep

Portion whole shell mussels into 6s for service.

Contains Shellfish



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>



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

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Method and video links are on page 1.