

SO MUCH TO SEA...

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Moules Mariniere

Recipe by James Martin

Serves 4

Ingredients:

1.75kg / 4lb fresh Shetland Mussels
1 medium finely chopped onion
3 cloves finely chopped garlic
200ml white wine (preferably Sauvignon Blanc)
200ml double cream

Method:

Prepare your mussels by scrubbing them in cold water and pulling off the hairy beard bit on some of the mussels.

Put them in a saucepan with the onion and garlic and white wine.

Cover with a lid and turn the heat on quite high, cook for approx 5 minutes.

Carefully lift the lid and check to see if all the mussels are now open. If not leave covered another minute.

Once all the mussels have opened up turn off the heat and pour the cream into the pan.

Swirl the mussels around a little, pour into a bowl.

Serve with warm crusty bread and enjoy the taste of Shetland.

When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland
Scottish Salmon Producers' Organisation Shetland
Shetland Fish Producers' Organisation
Shetland Shellfish Management Organisation
Shetland Aquaculture Trust