



Seafood

Steamed Mussels

the Fresher the Better

Great as an appetizer or over pasta

a simple and tasty way to savour

the sea's bounty!



INGREDIENTS

3 - 4 lbs of mussels	1 1/2 cups white wine
3 tbsp butter	2 onions
2 cloves chopped garlic	1/2 tsp chopped fresh ginger
1 1/2 tsp thyme	1/4 tsp basil
1/8 tsp paprika	pepper (to taste)
1 bay leaf	

DIRECTIONS

Rinse mussels, discarding any with broken shells or that do not close when handled.

Combine ingredients (except mussels)

Simmer for 1 minute (or until it starts to make you drool, whichever comes second)

Add mussels and simmer covered for 7 minutes, stirring 3 times during cooking.

Sprinkle with parsley, serve with lemon slice, and bread.

Dip in melted butter, spiced with dill or paprika or pepper or dip in the broth itself.

Thanks to our friends at SeaAndBeScene.com and East Coast Artist Margo Connors for the recipe!