

Moules Marinières

Rope-grown mussels steamed in a white wine, onion parsley, thyme, and fresh cream sauce.



Prep time: 10 minutes
Cooking time: 5 minutes
Serves: 4

Ingredients

3.5kg Fresh mussels
200g Unsalted butter
500ml Whipping cream
400g Onion
500ml Dry white wine
60g Flat leaf parsley
1 Bay leaf
10g Fresh thyme

Mise En Place

1. Chop the shallots and parsley.
2. Cut the wedges out of lemon.

Method

1. Clean the mussels and place in a heavy based pot.
2. Add the white wine, onions, butter, thyme and bay leaf. Cover with the lid and steam the mussels until they have all half opened (about 1 to 2 minutes).
3. Add the cream and lemon wedge; give it another boil until all the mussels are fully opened. Then shake the pot.
4. Sprinkle with chopped parsley and serve in hot bowls.

Chef's Tip

Ensure the small piece of rope is removed from each mussel and the shells are clean of sand and crustaceans.

Only cook mussels that are closed and live, whilst discarding any that remain closed after cooking.

Fact

The term 'mariniere' means in 'mariners style' and refers to the cooking of fish and shellfish with white wine and herbs.