

# Taste the Hills

## Recipes and Tips

### Mussels in minutes

Serves 2

- 1 bag of mussels
- 1 shallot or small red onion, finely chopped
- 2 glasses of white wine
- Small bunch of chopped parsley
- Black pepper
- Butter
- Mayonnaise
- 1 small clove garlic, crushed

Firstly, run a cold tap over the bag of mussels to blast them with water. Discard any that are broken or not closed after this.

Take a large pan and add the mussels, shallot, most of the parsley and put on the lid. Steam them over a high heat for 4 or 5 minutes.

Meanwhile, crush the garlic and mix with the mayonnaise.

When the mussels have opened, tip everything into a sieve over a bowl to catch the liquid. Ladle all but the last little bit (to avoid grit) back into the pan. Bubble for a minute and then stir in some small lumps of butter. Add a few twists of pepper and the rest of the parsley.

Share out the shell fish between two bowls, tip over the cooking liquid and serve with a spoonful of garlic mayonnaise and plenty of crusty bread.

NB To spice things up use coriander instead of parsley and stir in a little curry paste with the mussels before they steam. Maybe crème fraiche or natural yogurt in place of the mayonnaise....

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