

View from the Fridge – Recipes from Brian Donkin

Recipe # 22 – Mussels Mediterranean Style

Preparation time: 15 mins – Cooking time: 10 mins

Ingredients

1kg mussels
1 teaspoon of tarragon
1 red pepper
1 shallot
1 clove of garlic (smashed and chopped to paste)
1 tablespoon of chopped parsley
1 wine glass of tomato concasse (see sauce section)
salt and pepper
1 wine glass of olive oil

Method

1. Clean mussels using a small paring knife to remove loose barnacles and pull beard out of the mussels.
2. Dice pepper and shallot.
3. Put garlic, red pepper, shallot, tarragon in pot with olive oil. Cover with lid and cook over hot heat for about 2 minutes until soft.
4. Add mussels, replace lid and cook until mussels open (about 7 minutes)
5. Pour in tomato concasse, bring back to boil and then serve immediately.
6. Sprinkle with chopped parsley.

Serves 3

