



We fancied something a bit different yesterday and I suggested having a look at the Fish counter. Sue's not keen on flaky Fish as such, but Mussels and Squid? Oh yes! There was an offer on so the Fish component including three Squid and a kilo of live Mussels was £4 in total. The other ingredients are really inexpensive. We might have been just over budget, but we're often well under so??

Ingredients:-

Mussels

Squid / Calamari, bodies cut into strips, heads as they come

2 Cloves of Garlic, minced

The juice of ½ a Lemon

Fresh Parsley

Shallots, finely sliced

Capers

A slug of cheap White Wine

Rehydrated Wood Ear Mushrooms

A dash of Fish Sauce

Smoked Paprika

Cayenne Pepper

A tin of chopped Tomatoes

Salt & Pepper

Rice Glass Noodles

Oil

Method:-

- (1) Sauté the Shallots for 2 minutes and add the Capers and Garlic.
- (2) Simmer for a further 2 minutes.
- (3) Add the drained tin of Tomatoes and simmer for a further 2 to 3 minutes.
- (4) Stir in the Mussels and Mushrooms.
- (5) Cover and simmer for 5 minutes until the Mussels have opened.
- (6) Shake the pan and remove the lid.
- (7) Fold in the Calamari and cook for a further 2 minutes.
- (8) Add the Rice Noodles to boiling water and simmer for 2 minutes.
- (9) Serve the sauce over a bed of Noodles and season to taste.
- (10) Dress with a squeeze of Lemon and fresh Parsley.

There not much else to say about this dish. We would have paid good money to enjoy this in a restaurant!