



Yesterday's 'Flog Off' isle hunting took me to the Fish section. 1.5kg of fresh Mussels for £1.95 sound good to me.

Just the customary word of warning. Fresh mussels need to still be alive at the start of the cooking process. If you tap the shells and they don't close discard them. Neurotoxic shellfish poisoning is very rare these days, let's keep it that way folk!

Ingredients:-

Mussels fresh and alive

2 cloves of Garlic grated

2 small Onions finely sliced

Butter or Margarine

Bouquet Garni if you have such a thing. (Parsley, Thyme and a Bay leaf will do the job)

100ml White Wine or Cider

120ml Double Cream

Handful of Parsley leaves

2 Tsp of Capers

Method:-

(1) Check through your mussels and with a quick tug remove the Beard. This is the stringy attachment.

(2) In a large pan soften the Onion and Garlic in the Butter / Margarine with the Bouquet Garni or loose herbs.

(3) Add the Mussels than add the Wine / Cider and turn the heat up.

(4) Cover and steam until all the Mussels are open. Don't over cook them or they dehydrate and become very tough.

(5) Shake the pan to incorporate the juices.

(6) Remove the Bouquet Garni or Bay Leaf if you used loose herbs.

(7) Add the Capers, Cream and Parsley.

(8) Remove from the heat.

Serve over Pasta with Garlic Bread maybe?