

Scottish moules marinieres

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BBC
RADIO



Ingredients

1kg Scottish mussels (wash and de-beard - discard any that are cracked or open)

50gms Scottish butter

1 medium onion, finely chopped

1 stick celery, finely chopped

½ bulb fennel, finely chopped

2 large cloves garlic, finely grated

2 heaped tbsp curly parsley, chopped

2 rounded tbsp toasted medium oatmeal

freshly ground black pepper

150mls dry white wine

100mls double cream



Prep Time: 5

Cooking Time: 10

Serves: 2

Method

1. Melt the butter in a large pan - you will need a good lid to fit the pan.
2. Carefully soften the chopped veg in the hot butter then add the garlic. Cook for 1 minute.
3. Stir in half the parsley and oatmeal.
4. Add some freshly ground black pepper.
5. Pour in the wine and cream, bring to the boil.
6. Add all the mussels; lower the heat, cover with close-fitting lid and leave to steam until mussels have opened.
7. Once the mussels are all open (discard any that are not open), pour the contents into a large bowl and sprinkle with the remaining parsley and oatmeal.
8. Serve with lemon and some fresh, warm bread.