

Scottish moules marinières

BBC
RADIO



By Michael Smith

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.