

The Kitchen Cafe Takeaway

Mussel Brose

By Michael Smith

BBC
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Ingredients

The Mussels

1kg mussels (washed and de-bearded; discard any that are cracked or open)
50gms Scottish butter
1 medium onion, finely chopped
2 large cloves garlic, grated
1 bottle dry white wine

The Brose

100gms onion (when peeled), chopped quite small.
100gms celery (chopped small)
100gms leek (chopped small)
100gms fennel (chopped small)
2 cloves of garlic, peeled and grated
50gms slightly salted butter
1 tablespoon plain white flour
2 rounded tablespoons medium oatmeal (and some to garnish) – lightly toasted
150mls double cream
Chopped parsley, to finish
Freshly ground salt and black pepper (optional)



Prep Time: 20 mins
Cooking Time: 40 mins

Serves: 4

Wednesdays, 13:15 – 14:00 bbc.co.uk/radioscotland 92 – 95 FM

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Method

For the mussels

1. Melt the butter in a large pan. You will need a good lid to fit the pan.
2. Soften the onion and garlic in the hot butter.
3. Stir in the parsley and add some freshly ground black pepper.
4. Pour in the wine and water and bring to the boil.
5. Add all the mussels, lower the heat, cover with close-fitting lid and leave to steam until mussels have opened (about 4-5 mins).

(If you want to serve mussels traditionally, cook them to this stage and serve them in warm bowls with the cooking liquor poured over them. Sprinkle with extra chopped parsley and chives when serving).

6. Remove the mussels using a slotted spoon and leave on a large dish to cool.
7. Strain the cooking liquor through a fine sieve and reserve for the brose.

For the brose

1. Melt the butter until hot and foamy.
2. Add chopped vegetables, stir and cook for a few minutes until soft (lid on).
3. Then add the garlic and cook for 1 minute.
4. Add flour and oatmeal to bind/thicken. Stir gently into the vegetable mixture to form a roux.
5. Gradually pour in the strained mussel liquor to form a smooth paste. Keep adding slowly until all the stock is added. Bring to boil and then simmer with the lid on for 15 minutes.
6. Meanwhile, remove the cooled mussels from their shells and reserve in a bowl. Retain a few whole for garnish.
7. When the brose is cooked add the double cream.
8. Bring to the boil and add the mussels.
9. Adjust the thickness of the brose if required (a little cream or white wine/water).
10. Finish with chopped parsley and toasted oatmeal, stirred through the brose.
11. Serve hot in warmed bowls with whole mussels placed on top for garnish.

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