

A Taste of Mourne



Dundrum Bay Mussels with a Thai Green Curry Broth



Recipe created by Roger Moynihan, for Mourne Heritage Trust to encourage and promote the use of Mourne produce.

Traditionally mussels are in season when the month has the has a R in it. Never take a chance with shellfish, if you think they may be off don't eat them. Mussels make a great starter or main course. These ingredients will make.

INGREDIENTS (Serves 4 as starters or 2 as a main course)

1kg mussels with shell
30g Thai green curry paste
A splash of olive oil
1 large tin coconut milk
1 knob of fresh ginger, peeled and finely chopped
A large sprig of fresh coriander (chopped)

1 packet bok choy (leaves removed and washed)
1 lime

METHOD

1. Rinse the mussels under the tap, scrub the outside of the shells to clean and trim the 'hairy' beard.
2. Knock any open mussels hard with an implement (spoon/knife/fork). If they don't shut throw them out. Then wash again.
3. There is one simple rule with mussels; when they are uncooked throw away any open mussels, when they are cooked throw away any that stay closed.
4. As with any shellfish take particular care and attention in the cleaning and preparation of your mussels, if you have any concerns at all always check with your fishmonger or shellfish supplier.
5. Heat a pan large enough (with a lid) to hold the mussels. Add a generous splash of oil and gently sweat the green curry paste to release all of the aromas for a minute or two.
6. At this stage add the mussels and coat with the curry paste. Cover with a lid for 2-3 minutes or until the mussels have opened.
7. Now add your coconut milk and ginger and bring to the boil. With two minutes before serving add the bok choy leaves and wilt slightly.
8. Serve straight from the pan into a large bowl, sprinkle with chopped coriander and a squeeze of fresh lime juice.

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