

A Taste of Mourne



Dundrum Bay Mussels with Tomato, Chorizo and Fresh Basil



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)

Serves 2 (as a main course)

1kg mussels with shell

30g butter

A splash of olive oil

1 large tin of chopped tomatoes

2 garlic cloves, peeled and finely chopped

A large sprig of fresh basil (chopped)

1 small chorizo sausage (diced in small cubes)

100 mls good red wine

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. Melt the butter gently in a pan large enough (with a lid) to hold the mussels. Add a generous splash of oil with the chorizo sausage and garlic fry on a medium heat for about 5 minutes
6. Add the red wine and reduce by half. At this stage introduce the chopped tomatoes and fresh basil.
7. As soon as the mixture is bubbling place the mussels in the pan gently and cover for three minutes or until all mussels have opened.
8. Serve straight from the pan into a large bowl.

Garnish with toasted crusty bread.