

# A Taste of Mourne



## Mussels in White Wine Parsley & Garlic

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	1 large sprig of fresh parsley (chopped)
30g butter	50ml of dry white wine
A splash of olive oil	fresh ground salt and pepper
2 leeks, peeled and finely chopped	
2 garlic cloves, peeled and finely chopped	
	50 mls fresh cream

### 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 simply 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 leeks and garlic and fry on a medium heat for 5 minutes.
6. Add two thirds of the parsley to the pan and stir gently for about a minute on a low heat, then introduce the wine, salt and pepper (to taste), and bring to the boil.
7. As soon as the mixture is bubbling place the mussels in the pan gently and cover for two minutes, remove the lid and add the cream and return to the boil.
8. Serve straight from the pan into large bowl, cover with remaining parsley.