

Drunken Mussels

Mussels steamed in dry white wine, butter, shallots, garlic, and fresh herbs.

Course: Appetizer | Cuisine: American
Serves: 4

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INGREDIENTS:

- 1 kg Penn Cove Mussels
- 1 cup dry white wine
- 2 shallots large, finely chopped
- 2 cloves garlic minced
- 4 Tablespoons unsalted butter
- ½ cup fresh herbs mixed such as flat leaf parsley, chives, or basil, chopped. Any combination or one of the herbs is fine. I only used flat leaf parsley.
- ½ teaspoon salt
- ¼ teaspoon black pepper

INSTRUCTIONS

1. Rinse mussels thoroughly under cold water. Using your fingers or paring knife, remove the beards (strings that hang from the mussel shells) and discard.
2. In a medium/large stockpot, melt butter over medium heat.
3. Add minced garlic and chopped shallots, cook until shallots are translucent and soft. About 3 minutes.
4. Add the Penn Cove Mussels, white wine, salt, black pepper, and half of your chopped herb mixture, and stir gently.
5. Cover stockpot and steam over medium high heat for 5-7 minutes or until mussels begin to open.
6. Once the mussel shells have opened, turn off the heat. Gently stir the mussels from bottom to top so the broth and herbs can uniformly spread into all of the mussels.
7. Discard any unopened mussels.
8. Transfer your Penn Cove Mussels and broth into a large serving bowl.
9. Garnish with remaining herb mixture.
10. Best served with toasted or grilled bread of your choice.

NUTRITION

Calories: 262kcal | Carbohydrates: 9g | Protein: 14g | Fat: 14g | Saturated Fat: 8g | Trans Fat: 1g | Cholesterol: 62mg | Sodium: 631mg | Potassium: 492mg | Fiber: 1g | Sugar: 2g | Vitamin A: 957IU | Vitamin C: 17mg | Calcium: 53mg | Iron: 5mg

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