

Moules Marinière | Mussels Mariniere

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Swick

Chef's Notes

Mussels only need to be steamed in a tiny amount of liquid. When they open during cooking, they release their own liquid which adds a lot of liquid to the base sauce. If there is too much liquid in the sauce before adding the mussels, the liquid from the mussels will dilute the sauce. Take care when seasoning the sauce. The liquid from the mussels tends to be quite salty and will season the sauce on its own.

Preparing the Mise en Place

To start your mise en place, first mince the shallots and garlic. Roughly chop the parsley and set it aside, along with the butter and white wine.

Step 1: Preparing the Mise en Place

- 1/3 cup shallots
- 2 cloves garlic
- 1/4 cup Italian flat-leaf parsley
- 1/4 cup unsalted butter
- 1/2 cup dry white wine

Preparing the Mussels

To prepare the mussels, scrub them clean and remove any beards. Place into a bowl and cover with a damp cloth. Store the mussels in the refrigerator while you make the sauce.

Step 2: Preparing the Mussels

- 2 lb mussels

Making the Sauce

To make the sauce, heat a large, wide pan (with a lid) over medium heat. Add the butter. Once melted, add the shallots. Sweat for about 3 minutes or until translucent, but not browned. Next, add the garlic and cook for about 30 seconds. Add the white wine, turn up the heat to medium-high, and let the mixture reduce for a few minutes. Once the sauce has reduced and almost all of the liquid has evaporated, add a pinch of salt and pepper.

Step 3: Making the Sauce

- sea salt (to taste)
- freshly ground black pepper (to taste)

Cooking the Mussels

Now that the sauce has reduced, add the mussels. Cover immediately with a lid and turn the heat down to medium. Let cook for about 6 to 8 minutes or until the mussels open. Once done, sprinkle the chopped parsley over top.

To serve, pour the mussels into a large bowl and serve with fresh bread to soak up all of the delicious sauce.

Step 4: Cooking the Mussels