

Mussels Saint - Ex

a *barton seaver*
recipe brought to you by:

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Inspiration, Information, Action

ingredients:

- ___ **1 head** garlic, cloves separated and peeled
- ___ **1 small** onion, peeled and quartered
- ___ **2** jalapeno peppers, seeds removed
- ___ **1 ½ tsp.** smoked paprika
- ___ About **¾ cup** extra virgin olive oil
- ___ **2 lbs.** farmed mussels, washed and debearded
- ___ **¾ 1 tsp.** kosher salt
- ___ **½ lb** chorizo sausage
- ___ **3 cups** white wine
- ___ zest and juice of 2 limes
- ___ **1/4 cup** cilantro leaves, finely chopped
- ___ Freshly ground black pepper

Purchasing factors within this dish:



Mussels are filter feeders and don't require supplemental food. Mussels are raised on suspended ropes which keeps habitat intact.

directions:

1. In a blender or food processor, combine garlic, onion, peppers and paprika. Drizzle in **½ cup of olive oil** until well blended into a fine paste. Add **1-2 tablespoons** of oil if necessary.
2. Add sausage to a large stockpot and cook for **5 minutes**. Stir in spice paste and kosher salt and cook **3 minutes** more, or until it no longer smells of raw onion.
3. Add mussels and white wine and bring to a simmer. Cover pot and cook for **5-6 minutes**, or until all mussels have opened. (If any mussels do not open, you can put them back into cooking liquid for **2 minutes more**. If they do not open, discard). Just before serving, mix in fresh lime juice.
4. Divide into 4 bowls, garnishing with lime zest, cilantro and freshly ground pepper. Serve with toasted French bread.

serves four.

Be sure to ask your fishmonger where the fish came from and how it was caught to determine if it's the ocean-friendly seafood you're looking for.