



208-610-9746
www.thefishfolks.com



Butter Me Up, Baby- I love your Mussels!

This yummy recipe is dedicated to my fish man! It's the perfect combination of buttery sweetness and strength, just like my guy. Perfect for a crowd-pleasing appetizer or romantic dinner for two. Plus, Mussels are delicious, affordable, and super healthy!

Ingredients:

- 1 ½ - 2 pounds of fresh Mussels from The Fish Folks
- 1 bay leaf
- 1 tablespoon olive oil
- 2 cups coarse salt
- ¼- ½ cup dry white wine or seafood stock
- ⅓ cup unsalted butter
- 2 minced cloves of garlic
- 1 tablespoon minced shallot
- ¼ cup freshly grated Parmesan cheese
- ¼ cup panko breadcrumbs
- ½ teaspoon fresh lemon thyme
- ½ teaspoon salt
- ¼ teaspoon pepper

Directions:

Rinse and remove the beard from each Mussel. Simply pull the little string part from the large end to the small end (hinge) of the Mussel to remove the beard. In a large skillet, heat the olive oil, wine, and bay leaf. Add the Mussels, cover with a lid and steam for 4 minutes. The Mussels are ready to eat at this point or you can kick it up to the next level... see below.

Heat the oven to 450° and in a large 9 X 13 baking dish layer 2 cups of coarse salt. Mix the last eight ingredients to create delicious garlic butter. From the skillet, remove the top shell of each Mussel and nestle the bottom portion of each Mussel and its shell in the salt-filled pan, neatly in rows for presentation. Drizzle each mussel with a teaspoon of the liquid from the skillet and top each with about ½ a teaspoon of garlic butter. Bake for 5 minutes and enjoy with your favorite bread and salad.

Servings: 2 hungry Fish Folks during date night dinner or an appetizer to share