



The Professors French Stuffed Mussels

Preparation Time: 15 mins

Cooking Time: 40 mins

Serves: 6

Difficulty: Medium

INGREDIENTS

2 small onions, diced
2 cloves of garlic minced
500g tomatoes, seeded and chopped
¼ tspn aniseed
1.5kg mussels, remove beard & scrubbed
75g dried breadcrumbs
8-10 anchovy fillets, chopped
25g salted capers, rinsed
2 tablespoons chopped parsley
50ml Pernod or Ricard
Olive oil

DIRECTIONS

Prepare Tomato Sauce

1. In a large frypan heat up dash of olive oil, when hot, add ½ diced onions and cook until onion is translucent.
2. Turn down heat to medium and add garlic and sauté for 1 minute
3. Sprinkle in aniseed and cook on low heat for 20 mins

Cook Mussels

4. In a large pot, add white wine and a dash of Pernod/Ricard and gently heat up
5. Add mussels, increase heat to high, and cook until mussels open
6. Remove mussels, and keep liquid and allow to cool

DIRECTIONS cont.

Prepare Stuffing

7. In another frypan, heat olive oil and add remaining ½ of diced onion until translucent (about 2 mins)
8. Add the breadcrumbs and moisten with some of the leftover mussel liquid
9. Add chopped anchovies, capers, and parsley
10. Take a 1/3 of the mussels (remove from shell) and dice up
11. Stir in mussel meat to stuffing mix – if too dry, add a little more mussel liquid
12. Season with salt and pepper

Serving/Presentation

13. Turn on broiler/grill
14. Remove top shell off all the mussels and stuff each mussel with a teaspoon of stuffing
15. Spread tomato sauce on large baking tray or over a couple of oven-proof dishes
16. Arrange stuffed mussels over the top of the tomato sauce
17. Grill for 4 minutes until golden
18. Arrange 4 stuffed mussels on individual plates or serve family style

Paired With

Seared Swordfish with Salmoriglio and the Baked Tomatoes with Stuffed Rice, Pinenuts, and Kefalotiri cheese.

Scallop Filo Parcels, Broccolini with Lemon Zest and Sourdough Crumb, and Baby Sesame and Honey Carrots

Dessert – I served the Tangerine Pudding and a Chocolate Mousse, made them a day in advance and served them in disposable plastic cups.

Note

My guests tend to stay the night, we start the dinner process early and allow time between courses.