



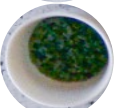




Beer Cooked Mussels

by Richard Ekkebus

Ingredients

	Mussels	1kg
	Non-salted butter	125gr
	Leek, shredded	30gr
	Carrots, peeled & shredded	30gr
	Shallots, peeled & shredded	30gr
	Thyme	2 sprigs
	Fresh bay leaf	2 pcs
	White pepper from the mill	
	White beer	125ml
	Lemon, juice & rind	½ pc
	Lime, juice & rind	½ pc
	Tarragon, coarsely chopped	1tbsp
	Italian Parsley, coarsely chopped	1tbsp
	Chervil, coarsely chopped	1tbsp
	Chive, coarsely chopped	1tbsp

Serving

1 person

Method

1. In a heavy saucepan with lid melt the butter till blond, add shallots, bay leaf & thyme.
2. Sweat 2 to 3 minutes without colouring, deglaze with the beer, then add little white pepper.
3. Then add the mussels, leek & carrots.
4. Cover the pan and toss constantly the mussels till all are cooked and opened, this will take 2 to 3 minutes.
5. With a spider remove the cooked mussels & shredded vegetables and place them in a warm large bowl.
6. Return the cooking juice to the stove, check the seasoning and add pepper if needed.
7. Brighten the cooking juice with lemon & lime juice and emulsify with the handheld blender add little butter if needed.
8. Add the garden herbs and spoon the foamy sauce over the mussels, grate the lemon & lime peel with a microblade over the mussels.
9. Dig in.

Note

1. Preferably using mussels from Zeeland and Holland, cleaned and beards removed
2. Beards are the byssus thread filament that the mussel uses to secure itself to a rock. Some farmed mussels have them removed before being commercialised
3. Serve with crusty sourdough bread or French fries