Moules Marinières

NIBBLEDISH CONTRIBUTOR

Ingredients

Serves 2, generously

- 1kg live mussels, rinsed and de-bearded, with any barnacles scrubbed off
- 150ml good fish stock
- 150ml dry white wine
- 1 shallot, very finely chopped
- 2 cloves garlic, very finely sliced
- a big handful of fresh parsley, finely chopped

Instructions

This is a classic way of eating mussels, very common in Belgium and France.

Discard any mussels that are cracked or don't close when given a hard tap.

Usually the beards can be removed from the mussels just by pulling. Barnacles can be scrubbed off - or helped with the back of a knife.

1. Put all ingredients in a large pot apart from the parsley on a high heat.
2. Heat until starting to boil then turn down heat slightly so it's just simmering, bubbling a little.
3. Simmer for a few minutes to evaporate off some of the alcohol from the wine.
4. Turn heat back up to high, add mussels and put the lid on the pot.
5. Steam for 4-5 minutes.
6. Remove lid, add parsley, stir & serve.
7. **Discard any mussels that have not opened.**