

RECIPE FOR SHETLAND MUSSELS IN CHILLI SAUCE

Provided

**2.5kg sack of Shetland mussel
1 onion
2 chillies
2 garlic bulbs**

You will need

**Olive oil
Single cream – 200ml
Crusty bread**

Heat a large pan of water and bring to boil.

When bubbling empty all mussels into water and bring back to the boil.

After a few minutes the mussels will start to open. Give a good stir until all mussels are cooked and open.

Keep some of liquid for stock

Chop the onion, garlic and chilli and fry in the oil until golden brown (don't burn it!). Then spoon in some of the mussel stock and continue to stir and reduce until the mixture is thick. Add cream and bring to boil.

Discard any mussels which have NOT opened

Pour the heated sauce onto the mussels.

Serve with crusty bread and a good Sauvignon Blanc.

Mussels provide by Ian from IK Fish in the Market Hall – have a chat with Ian any time and he will advise you on recipe ideas, quantities etc.