

FOOD & WINE

INSPIRATION SERVED DAILY



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Steamed Mussels with Tomato-and-Garlic Broth

CONTRIBUTED BY QUICK FROM SCRATCH ITALIAN

SERVINGS: 4

• FAST

Mussels have three things going for them: They're cheap, quick to cook, and delicious. Using clean farmed mussels negates their one big drawback—the tedious chore of scrubbing and debearding.

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1/4 cup olive oil

1 onion, chopped fine

6 cloves garlic, minced

3 tablespoons chopped fresh parsley

2 cups drained canned tomatoes in thick puree, chopped (from one 28-ounce can)

1/4 teaspoon dried thyme

1/4 teaspoon dried red-pepper flakes

4 pounds mussels, scrubbed and debearded

1/8 teaspoon fresh-ground black pepper

Salt, if needed

Garlic Toast (optional)

1. In a large pot, heat the oil over moderately low heat. Add the onion and garlic and cook, stirring occasionally, until the onion is translucent, about 5 minutes. Stir in the parsley, tomatoes, thyme, and red-pepper flakes. Reduce the heat and simmer, partially covered, for 25 minutes, stirring occasionally.

2. Discard any mussels that have broken shells or that don't clamp shut when tapped. Add the mussels to the pot. Cover; bring to a boil. Cook, shaking the pot occasionally, just until the mussels open, about 3 minutes. Remove the open mussels. Continue to boil, uncovering the pot as necessary to remove the mussels as soon as their shells open. Discard any that do not open.

3. Stir the black pepper into the broth. Taste the broth and, if needed, add salt. Ladle the broth over the mussels and serve with the garlic toast.

SUGGESTED PAIRING

Every Mediterranean country has its version of shellfish in a tomato-based broth, and the wine of choice for each is an earthy, full-bodied pink wine. Here, seek out a Lacryma Christi rosé.

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