

Spicy Marinated Mussels

INGREDIENTS

- 8 oz (227g) mussel meat
- 1 bay leaf
- 1 cup white wine
- 1 small onion, chopped
- 2 clove garlic, chopped
- 1 small hot pepper, seeded and chopped
- ¼ cup shallots, chopped
- ¼ cup green onions, chopped
- 1 small red pepper, chopped
- 1 small green pepper, chopped
- 2 Tbsp fresh parsley, minced
- 2 Tbsp Butter or olive oil to fry



Preparation

- Place all ingredients (not the marinate ingredients and wine) in a large sauce pan and fry soft for 5-7min.
- Add wine
- Add the frozen mussel meat into the sauce pan until they heat up. Remove.

Marinade

Ingredients

½ cup white wine vinegar

2 clove garlic, chopped

2 Tbsp dijon mustard

¼ tsp salt

½ cup olive oil

1 dash black pepper

Preparation

- Combine ingredients in an air-tight container and shake vigorously to blend.
- Pour over the mussel meat.
- Refrigerate until ready to use.