



COOKING DEMOS

WITH CHEF MARK RIGANO

Thursday, May 7 @ 11 AM

STEAMED MUSSELS

Ingredients:

Mussels (PEI)	1 pound
White Wine, Dry	5 oz
Fish Stock or Clam Juice	5 oz
Shallots	1 Tablespoon
Garlic	2 teaspoons
Unsalted Butter, Cold	1 Tablespoon
Parsley, Chopped	1 Tablespoon
Lemon Juice	To Taste
Kosher Salt	To Taste
Baguette	As Needed

Method:

1. Place medium sized sauce pot on stove empty, turn flame on to high heat. Let pan get very hot.
 2. Add mussels to hot sauce pot, add shallots and garlic
 3. Being caution of steam, add wine and stock all at once. Instant steam will be created, cover immediately and let cook until mussels open. Should only take a few minutes.
 4. When open, remove mussels from stock pot leaving the cooking liquid in the pan. Whisk butter in to cooking liquid, season to taste with salt and lemon juice, add chopped parsley.
 5. Pour seasoned broth on top of mussels, ready to serve.
 6. Serve with sliced baguette to dip into broth.
- One pound of mussels equals one serving portion.

