



Italian Mussels

(serves 4)

8½ lb	(4 kg) fresh mussels, scrubbed and bearded
½ cup	(125 ml) water
2 tbsp	(30 ml) chopped parsley
3	garlic cloves, smashed and chopped
3 tbsp	(45 ml) butter
½ cup	(125 ml) dry white wine
28 oz	(796 ml) can tomatoes, drained and chopped
¼ tsp	(1 ml) oregano
	few crushed chillies
	freshly ground pepper
	juice ½ lemon

Place cleaned mussels and water in large pan. Add parsley, 1 chopped garlic clove, 2 tbsp (30 ml) butter and crushed chillies. Sprinkle in pepper and lemon juice; cover and bring to boil. When shells are open, remove one at a time and pour liquid from shells back into pan. Set aside.

Strain liquid in pan through cheesecloth into bowl; reserve for other uses.

Heat remaining butter in frying pan. When hot, add remaining garlic and cook 2 minutes over medium heat.

Add wine and cook 2 minutes over high heat. Mix in tomatoes and season with pepper; cook 1 minute.

Add oregano and finish cooking 7 to 8 minutes over high heat; stir occasionally. Place mussels, on half shell, in tomato mixture. Cook 2 minutes to reheat. Serve.

Mussel Cookbook

Laura Sommers



Mussel Cookbook:

The Mussel Cookbook Sarah Hurlburt, 1977 Tender plump and tasty the blue mussel *Mytilus edulis* is treasured in most of the world's cuisines but strangely ignored in North American cooking. This edible mollusk is naturally abundant on both American coasts and easily cultivated. As over harvesting makes many other seafoods ever more scarce and expensive the blue mussel offers an inexpensive and attractive alternative to more costly and wasteful sources of protein. To tempt American palates and draw attention to this remarkably versatile and nutritious seafood Sarah Hurlburt has written *The Mussel Cookbook*. In her entertaining introduction Hurlburt tells about mussels how they live how they saved a bridge from collapsing why barrels of them appeared in American police stations how they are farmed in Spain France and Holland. Then she offers over a hundred recipes. Whether you are a beginning cook or a devotee of haute cuisine you will find recipes to match your abilities simple dishes for the out of doors appetizers soups and stews salads casseroles main dishes from abroad and elegant party entrees. From Europe Hurlburt brings back paella cannelloni and soufflé of mussels among many others. From Asia come curried and stir fried mussels as well as the delectable *midia dolma*. There are a dozen quick and easy tricks there are flamed mussels and mussels Rockefeller. She describes how to clean and freeze mussels and gives tips on how to use them. Sarah Hurlburt in collaboration with her husband Graham has spent many years learning about the blue mussel. Together they have studied European methods of mussel farming and begun their own experimental Cultivation project in Massachusetts. Ms Hurlburt's recipes have been featured in the *New York Times* the *Boston Globe* the *Boston Herald American* and *Harvard Magazine*. Stories about the Hurlburts adventures with mussels have appeared in the *Washington Post* the *Cornell Quarterly* and the *Marine Fisheries Review*. A discussion of their work has appeared in the *Congressional Record*.

[Easy Mussels Cookbook](#) BookSumo Press, 2016-08-09 The Most Delicious Mussel Recipes Get your copy of the best and most unique Mussel recipes from BookSumo Press. Come take a journey into the delights of easy cooking. The point of this cookbook and all BookSumo cookbooks is to exemplify the effortless nature of cooking simply. In this book we focus on Mussels. The *Easy Mussel Cookbook* is a complete set of simple but very unique Mussel recipes. You will find that even though the recipes are simple the tastes are quite amazing. So will you join us in an adventure of simple cooking. Remember these recipes are unique so be ready to try some new things. Here is a Preview of the Recipes You Will Learn: Mussel Vinaigrette Sanibel Island Style Mussels Mussels Thai Style Italian Mussels Stew Genuine Spanish Rice with Mussels Moroccan Mussels Japanese Mussels Simple Portuguese Mussels Mussels South East Asian Style Traditional Greek Mussels. Much much more. Related Searches: Mussel cookbook Mussel recipes Mussels Mussel cook book seafood recipes seafood cookbook fish recipes cookbook. [The Great Mussel and Clam Cookbook](#) Whitecap Books, 2002 Filled with tantalizing recipes and beautiful color photographs this new series brings the best of the sea into the kitchen. Each volume includes hints on buying preparing and serving various shellfish lobsters and crabs mussels and clams scallops and oysters and prawns. Sensational recipes and

simple instructions make elegant dishes accessible to the casual cook Indulge in the succulent flavor of the sea as you prepare quick weekday meals or elegant dinner parties from these recipes that will have delightful and surprising results

[The Mussel Cookbook](#) Laura Sommers,2023-05-02 Mussels are a versatile and delicious ingredient that are widely enjoyed around the world From the bustling seafood markets of Europe to the tranquil bays of New England mussels have been a staple food for centuries and are beloved for their sweet briny flavor and tender texture This cookbook is a celebration of all things mussels Whether you re a seasoned chef or a home cook looking to experiment with new flavors you ll find a range of inspiring recipes that showcase the versatility and taste of these wonderful shellfish From classic French dishes like moules marini re and baked mussels with breadcrumbs to more exotic offerings like Thai coconut mussel soup and Spanish mussel soup there s something here to suit every taste and occasion You ll also find recipes that pair mussels with pasta rice and other ingredients to create hearty and satisfying meals that are sure to please With tips on how to select store and prepare mussels as well as techniques for cleaning and cooking them this cookbook is an indispensable resource for anyone who loves these delicious and nutritious shellfish So whether you re a lifelong mussel aficionado or just discovering their delights for the first time get ready to dive in and discover the many ways to enjoy one of the world s most beloved

seafood treasures Recipes Include *The Great Eastern Mussel Cookbook* Cindy McIntyre, Terence Callery, 1995-01-01 With more than 60 savory recipes this book offers wonderful ways to enjoy delicious and healthy mussels **75 Homemade**

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about this sensational seafood out to as many people as possible as quickly as possible This cookbook Mussels is the satisfying result It includes 77 recipes for using mussels in every type of dish from where you would expect them in appetizers salads and mains to where they are a delightful whimsical surprise in pickles pies and cocktails Mussel Strudel anyone Mussels is for anyone who is passionate about mussels and looking for new ways to cook and eat them This mighty mollusc has long been a staple on restaurant menus but many people still hesitate to cook mussels at home This book shows how easy it is to choose store and cook this healthy and tasty seafood Everyone who wants to can now cook mussels with confidence

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The Great Mussel and Clam Cookbook Ellen Argyriou,Marial Shea,Olivier Massart,Tamara Milstein,2004 Exercise your creative impulses with this superb collection of mussel and clam recipes As you delve into these pages you will be pleasantly surprised by the sensational dishes The versatility of mussels and clams will amaze you forever dispelling the myth that cooking seafood should be confined to restaurant chefs Page after page feature step by step instructions to guide your hand and feed your imagination If you are hosting a dinner party or want to jazz up an everyday lunch find out how cooking with mussels and clams can be an absolute treat

The Great Mussel and Clam Cookbook Richard Carroll,2002-01-01

Mussels Sergio Herman,2023-11-14 2023 Gourmand World Cookbook Awards Winner 2024 IACP Cookbook Award Winner Single Subject You ll never look at the simple bivalve the same way again SAVEUR A love letter to the Zeeland coast and the mussels it s famous for as well as very movingly a deeply felt debt of gratitude to his parents Nigella Lawson A personal inspiring and modern cookbook from internationally prized chef Sergio Herman to honor the mussel For twenty five years Dutch chef Sergio Herman cooked in his family s mussel restaurant Oud Sluis By 2005 the restaurant had been awarded three Michelin stars Sergio still holds on to those smells and flavors and honors them in this

unique cookbook that celebrates the undersung black gold From mussel and ricotta stuffed Cannelloni to grilled monkfish and mussel b arnaise sauce find fifty simple mussel recipes from all over the world both classic and modern along with recipes for side dishes and sauces as well as drink suggestions Whether marinated pickled cooked steamed or fried each mussel preparation offers their own surprising taste sensation making it deserving of a place in homes everywhere

Famed Mussel Greats Five Star Cooks,2017-03-31 Food is love food is emotion What good is a rare recipe book when it does not bring emotion happiness joy and love to your kitchen and dinner table Everything you touch see and smell while cooking moves the soul sparks a memory this drop dead gorgeous Mussel rare recipe book will make you FEEL that We passionately slipped emotions into every delicate Mussel recipe making them quirky stand out and hilarious Read them out LOUD and laugh giggle while you follow their easy evocative steps and crave the food you make You ll love this book the spiffing recipes are easy the ingredients are easy to get and they don t take long to make Foodlovers turn to sound Mussel Greats for flavourful information and inspiration Everything is in here from the proverbial soup to nuts Belgo Po pei Unitary Mussel Platter Mariniere Lawlz Mussel Pot Astronomical Mussels A La Portuguese Black Rufus Spaghetti Alla Chitarra With Cocky Mussels Chilies And Artful Mint Italian New Year s Didactic Mussels With Uncontestable Saffron tomato On hand Mayonnaise Thai Sensuous Mussel Soup Irresistible Pate Cregyn Gleision Mucai Menai All important Pride Mussel Irresistible Pate Steamed All embracing Mussels With Bohemian Tomato Sauce And Beloved Feta and much much more This is a very satisfying book however I would recommend you eat something before you read this book or you won t be able to make it through without reaching for a skillet or saucepan Mussel Greats is funny and packed with more bitching information than you could imagine 21 Delicious pretty recipes covering everything each using ingredients that should be simple to find and are Mussel indulging This drop dead gorgeous cookbook offers great value and would make a fabulous gift This magic book will also give you enough knockout inspiration to experiment with different ingredients since you ll find the extensive delectable index to be extremely helpful The sizzling recipes are superb Wonderfully easy to put together and you don t have to make or purchase a ton of ingredients or fancy kitchen gadgets before you have a chance to play with them There s only one staggering word that describes it all Yummy

Mussel Mania Flaming Flavors Kami,2023-08-07 Mussels are a true seafood delicacy known for their tender meat and rich flavor They are also incredibly versatile able to be used in a wide range of dishes and prepared in countless ways Whether you prefer them steamed baked fried or simply served raw there are plenty of ways to enjoy the marvelous mussel With Mussel Mania 94 Delicious Recipes you ll be able to explore the culinary possibilities of this beloved shellfish with recipes ranging from classic French dishes to innovative takes on Asian and Mediterranean cuisine The philosophy behind Mussel Mania is to showcase the incredible versatility of mussels and provide home cooks with accessible and easy to follow recipes that highlight their unique flavor and texture Through a variety of cooking techniques the book explores the many ways in which mussels can be prepared from simple hors d oeuvres to hearty

mains soups and stews With creative pairings like coconut and curry chorizo and tomato and garlic and white wine each dish is bursting with flavor and sure to please even the most discerning palate The book is divided into six chapters each dedicated to a different style of preparation First we have the classics which include timeless French dishes such as moules marini res and coquilles St Jacques Next we explore innovative new takes on classic flavor combinations such as Italian style mussels in tomato sauce and Spanish style mussels with chorizo and sherry In the next chapter we delve into Mediterranean flavors with dishes such as mussels with feta and olives and mussels with white wine and lemon Moving on to the fourth chapter we focus on the fusion of traditional Asian and Western flavors with unique takes like Thai style mussels with coconut and curry and Japanese style mussels with miso and seaweed The fifth chapter is dedicated to hearty soups and stews perfect for warming up on chilly evenings Finally we round out the book with a chapter on appetizers and snacks including crispy fried mussels and grilled mussels with garlic butter Throughout the book there are plenty of tips and tricks for buying and cooking mussels as well as suggestions for wine pairings and serving suggestions Whether you are a seasoned home cook or a novice in the kitchen Mussel Mania is the perfect cookbook to help you get the most out of this versatile and delicious shellfish With its comprehensive approach to mussel cooking inventive recipes and stunning photography Mussel Mania is sure to become a staple in any seafood lover s kitchen

Mussels and Clams Anna Luccetti,2016-11-01 Exercise your creative impulses with this superb collection of mussel and clam recipes As you delve into these pages you will be pleasantly surprised by the sensational dishes The versatility of mussels and clams will amaze you forever dispelling the myth that cooking seafood should be confined to restaurant chefs Page after page feature step by step instructions to guide your hand and feed your imagination If you are hosting a dinner party or want to jazz up an everyday lunch find out how cooking with mussels and clams can be an absolute treat

Cultured Mussel Cookbook Alan Watson,1987-11-01 [The Naughty Mussel Recipes Book](#) Keith Pepperell,2018-02-27 A fun look at naughty mussel cookery together with a few brief ripping yarns that may even have a giggle or two in them

Marine and Freshwater Products Handbook Roy E. Martin,Emily Paine Carter,George J. Flick, Jr.,Lynn M. Davis,2000-04-04 Comprehensive handbook of seafood information This definitive reference is the most comprehensive handbook of information ever assembled on foods and other products from fresh and marine waters Marine and Freshwater Products Handbook covers the acquisition handling biology and the science and technology of the preservation and processing of fishery and marine products The array of topics covered includes aquaculture fisheries management and harvesting o fish meal and fish oil o fish protein concentrates o seaweed products o products from shell o other industrial products o bioactive compounds o cookery o specialty products o surimi and mince o HACCP o modern processing methods o religious and cultural aspects of water products o marine toxins and seafood intolerances o contamination in shellfish growing areas o pathogens in fish and shellfish Marketing transportation and distribution retailing import and export and a look to the future of the seafood industry are also addressed Extensive

coverage of species All major marine and freshwater finfish species are covered as well as processing technologies fresh fish preserved fish finfish processing and other processed products Crustaceans and other useful marine and freshwater species and their processing are also covered These include mollusk o clams o oysters o scallops o abalone o squid o shrimp o lobster o crawfish o crabs o eels o turtles o sea urchin o octopus o snails o alligator The definitive seafood industry sourcebook Marine and Freshwater Products Handbook incorporates the advances in biotechnology and molecular biology including potential drugs and medicinal products the manufacture of chemicals from the sea seafood safety including toxin detection techniques and HACCP and processing technologies With contributions from more than 50 experts helpful data filled tables and charts numerous references and photos this is the sourcebook for everyone involved in products from our waters It will serve as the standard reference for the seafood industry for years to come *Mussel Greats* Jo Franks,2012-06 You ll love this book the recipes are easy the ingredients are easy to get and they don t take long to make Foodlovers turn to Mussel Greats for information and inspiration Everything is in here from the proverbial soup to nuts A Fine Kettle Of Fish Arroz Negro Black Rice W Shellfish Garlic Mayonnaise Basque Steamed Mussels Belgo Po pei Mussel Platter Warm Salad Of Clams And Cockles With Escarole And Rhubarb Yum Chai Talay Thai Hot And Sour Seafood Salad Yum Hoi Mang Pu Thai Mussel Salad and much much more This is a very satisfying book however I would recommend you eat something before you read this book or you won t be able to make it through without reaching for a skillet or saucepan Mussel Greats is packed with more information than you could imagine 90 delicious dishes covering everything each employing ingredients that should be simple to find and include Mussel This cookbook offers great value and would make a fabulous gift This book will also give you enough inspiration to experiment with different ingredients since you ll find the extensive index to be extremely helpful The recipes are superb Wonderfully easy to put together and you don t have to make or purchase a ton of condiments before you have a chance to play with them Yummy

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