



Steamed “Island Gold” Blue Mussels with Wine

Prep time: 2 minutes Cook time: 5-6 minutes

INGREDIENTS

- 2 lbs. *Island Gold Mussels*
- 2 oz white wine
- 1 clove garlic (chopped)
- 2 tbsp. onion (chopped)

PREPARATION

Place wine, garlic, onion and mussels in saucepan, cook on high for 5 to 6 minutes or until mussels open. Serve with melted butter (optional).

MUSSEL NUTRITIONAL FACTS: (Serving Size 4oz)

Calories 90, Total Fat 4% (2.8g), Saturated Fat 3% (0.6g), Trans Fat 0% (0g), Cholesterol 12% (3.5mg), Sodium 13% (320mg), Total Carbohydrate 1% (4g), Dietary Fiber 0% (0g), Sugars 0% (0g), Protein 13g, Vitamin A 4%, Vitamin C 0%, Calcium 2%, Iron 25%. *Percent Daily Values are based on a 2,000 calorie diet.*



“Island Gold” Blue Mussels Thai Style

INGREDIENTS

- 2 lbs. *Island Gold Mussels*
- 2 tbsp. Thai or Vietnamese fish sauce
- 2 cans coconut milk
- 2 tbsp. cilantro (chopped)
- 2 tbsp. fresh ginger (chopped)
- 1 tbsp. red curry paste

PREPARATION

Heat coconut milk, fish sauce, ginger and curry paste at medium high until sauce thickens. Add mussels and cook 5 to 6 minutes or until mussels open. Stir mussels into sauce, then sprinkle with chopped cilantro. Makes 4 appetizers or two main courses if served with Asian noodles or steamed rice.

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Marinated Mussel Salad with Fennel & Citrus Vinaigrette

CITRUS VINAIGRETTE

INGREDIENTS

½ cup	(125 ml)	Olive Oil
¼ cup	(60 ml)	White Wine Vinegar
2 tbsp	(15 ml)	Lime Juice
2 tbsp	(15 ml)	Lemon Juice
2 tbsp	(15 ml)	Orange Juice
1 tsp	(5 ml)	Dijon Mustard
To taste		Salt and Pepper

MUSSEL SALAD

INGREDIENTS

4 lbs	(1.8 kg)	Mussels
1 cup	(250 ml)	Fennel (<i>Thinly Sliced</i>)
1 cup	(250 ml)	Carrots (<i>Julienne</i>)
¾ cup	(180 ml)	Citrus Vinaigrette
½ cup	(125 ml)	White Wine
½ cup	(125 ml)	Onion (<i>Sliced</i>)
½ cup	(125 ml)	Red Pepper (<i>Julienne</i>)
½ cup	(125 ml)	Green Pepper (<i>Julienne</i>)
½ cup	(125 ml)	Yellow Pepper (<i>Julienne</i>)
¼ cup	(60 ml)	Green Onions (<i>Sliced</i>)
¼ cup	(60 ml)	Basil (<i>Chiffonade</i>)
¼ cup	(60 ml)	Parsley (<i>Chopped</i>)
¼ cup	(60 ml)	Garlic (<i>Minced</i>)
2 tbsp	(30 ml)	Olive Oil
2 tbsp	(30 ml)	Fresh Tarragon (<i>Chopped</i>)
1 tbsp	(15 ml)	Lemon Zest
To taste		Salt and Pepper

PREPARATION (*Yields 4 portions*)

VINAIGRETTE

Place mustard, vinegar, and citrus juices in mixing bowl and whisk.

Add oil in a slow steady stream while mixing constantly.

Taste and adjust seasoning with salt and fresh ground black pepper.

MUSSEL SALAD

Saute onions and garlic in olive oil over medium heat for 3 minutes.

Add white wine and mussels, cover and cook on high until shells open (approximately 5 – 7 minutes).

Remove mussels from the pot and allow to cool and remove them from their shells.

Reduce the juice that is left in the pot by half. Cool and reserve.

Toss mussel meat, vegetables, herbs, lemon zest with 1 cup of cooled cooking liquid.

Add citrus vinaigrette and season with salt and pepper.



Creamy “Island Gold” Blue Mussel Pasta

INGREDIENTS

1	lbs	Dry Pasta (Linguini or Fettuccini is Recommended)
2	lbs	Mussels
8	oz	Cream (35% M.F.)
3	oz	White wine
2	tbsp	Minced shallots
1	tbsp	Minced garlic
2	tbsp	Chopped herbs (such as dill, chives, tarragon, and parsley)
2	tbsp	Butter
1	tbsp	Minced garlic
1	tbsp	Olive Oil

PREPARATION *(Yields 4 portions)*

Cook the pasta in a large pot of boiling salted water until tender but a little firm (al dente). Cool the pasta and toss with 1 tbsp of the olive oil.

Melt 1 tbsp butter in a sauce pan and sauté shallots and garlic. Add mussels and white wine and bring to a simmer. Cover and steam for 5 - 7 minutes (depending on size).

When the mussels are open, remove them and keep them hot. Reduce the liquid by half and add the cream. Reduce the cream until it starts to thicken. Add herbs and whisk in the remaining butter. Season with salt and fresh cracked pepper.

Re-heat the pasta in boiling water and place it into the sauce. Continue to reduce the sauce until you reach the desired consistency.

Place the pasta and sauce in pasta bowls and garnish with the cooked mussels.



Steamed “Island Gold” Blue Mussels with Curry

INGREDIENTS

2	lbs	Mussels
3	oz	White Wine
2	oz	Heavy cream (35%)
1		Small Tomato (peeled, seeded and diced)
2	tbsp	Minced Shallots
1	tbsp	Minced Garlic
1	tbsp	chopped parsley
5		Fennel Seeds
1/2	tsp	Pesto
1		Celery Stalk (finely chopped)
1	tsp	Curry Powder
To taste		Salt & Pepper

PREPARATION *(Yields 4 portions)*

Place shallot, garlic, fennel seeds, celery, curry powder, and white wine in a sauce pot and bring to a simmer.

Add Mussels, cover and let steam for 5-7 minutes or until the mussels are open.

Remove mussels and place in serving dish.

Bring remaining liquid to a boil and add cream, tomato, parsley and pesto.

Season liquid with salt & pepper and pour over mussels.



Steamed “Island Gold” Blue Mussels with Tomatoes & Herbs

INGREDIENTS

2	lbs	Mussels
2	cups	Chopped Whole Peeled Tomatoes
2	oz	White Wine
2	tblsp	Minced Shallots
2	tblsp	Chopped Herbs (such as dill, chives, tarragon, and parsley)
1	tblsp	Olive Oil
1	tblsp	Minced Garlic
1	tblsp	Butter
a few drops		Tabasco Sauce

PREPARATION *(Yields 4 portions)*

Heat 1 tblsp olive oil in a sauce pot and sauté shallots and garlic. Add mussels and white wine and bring to a simmer. Cover and steam for 5 - 7 minutes (depending on size).

When the mussels are open, remove them and keep them hot.

Reduce the liquid in the pot by one third, add the tomatoes, and simmer for two minutes. Add herbs, butter, Tabasco sauce, and season with salt and fresh cracked pepper and stir.

Place the mussels in a bowl and pour the tomato broth over top and serve.



Steamed “Island Gold” Blue Mussels

INGREDIENTS

2	lbs	Mussels
8	oz	Cream (35% M.F.)
3	oz	White wine
2	tblsp	Minced shallots
1	tblsp	Minced garlic
2	tblsp	Chopped herbs (such as dill, chives, tarragon, and parsley)
2	tblsp	Butter
1	tblsp	Minced garlic
1	tblsp	Olive Oil

PREPARATION *(Yields 4 portions)*

Melt 1 tblsp butter and sauté shallots and garlic.

Add mussels and white wine and bring to a simmer.
Cover and steam for 5 - 7 minutes (depending on size).

When the mussels are open, remove them and keep them hot.

Reduce the liquid by half and add the cream. Reduce the cream until it starts to thicken. Add herbs and whisk in the remaining butter. Season with salt and fresh cracked pepper.

Place cooked mussels in bowls and pour the sauce over top or serve the sauce on the side as a dipping sauce.