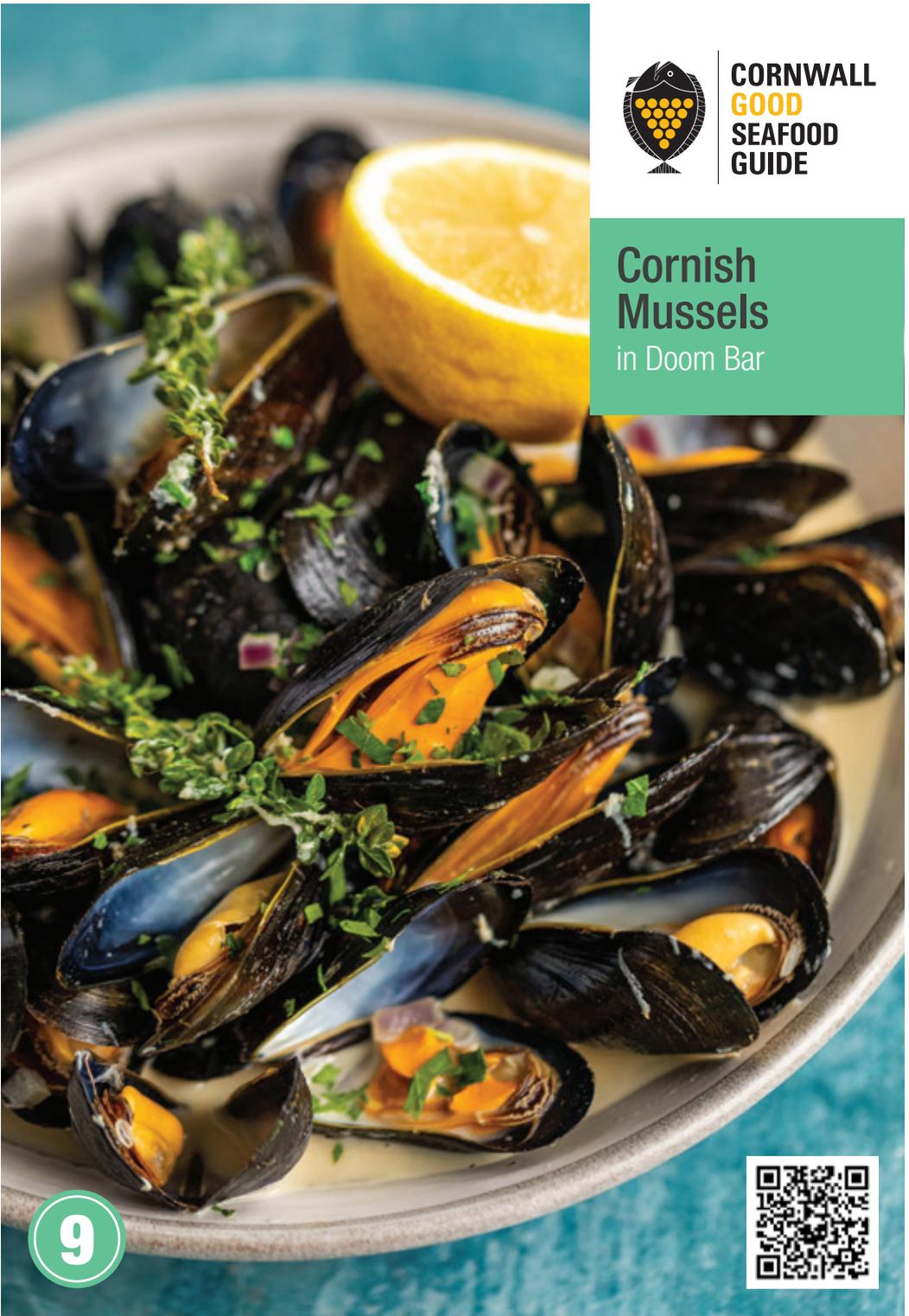




CORNWALL
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GUIDE

Cornish Mussels

in Doom Bar



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Guy Owen St Enodoc Hotel, Rock 2020



This recipe, using sustainable farmed mussels, is based on a classic marinère with a Cornish twist. The recipe is lower fat having no double cream and instead of white wine it uses Doom bar, Cornish real

ale. This recipe is extremely quick and easy and can be cooked on the beach in minutes. Cornish mussels are farmed in estuaries and bays and are among the most sustainable seafood available. Mussels feed on plankton and produce very little waste so are far better for the environment than farmed fin fish such as salmon.

Cornish Mussels

in Doom Bar

Ingredients

Cooking time: 15 minutes

Serves: one

- 500g cleaned purified Cornish mussels
- 2 banana shallots, minced
- 4 cloves of garlic minced
- 3 sprigs of thyme
- Tbsp of Dijon mustard
- Handful of flat leafed parsley, chopped
- 1 bottle of Sharps Doom Bar
- 50ml double cream
- 25g butter



Method

Place a large pan on the stove or BBQ and heat until very hot.

Add the mussels, followed by the shallots, garlic, thyme sprigs, beer, butter and the Dijon mustard.

Stir well with a large spoon being careful of the steam to not burn yourself.

Cover with a tight lid, or tin foil.

Cook on a high heat for around 3-4 minutes, just until the mussels are starting to open.

Remove the lid, add the cream and cook for a further minute.

Serve in a bowl, and garnish with the chopped parsley and thyme.

Serve with a wedge of crusty bread and a glass of Doom bar or some home-made lemonade.

Follow the QR code overleaf to find out much more about Cornish mussels and their sustainability, and lots more recipes!

Cornwall Good Seafood Guide is a website that aims to help us all make good seafood choices, by providing detailed sustainability information on all of Cornwall's seafood.

www.cornwallgoodseafoodguide.org.uk

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