

Smokin' Soul Satisfying Mussels

Ingredients - serves 2

1kg debearded fresh black lip mussels

1 tblsp flat leaf parsley chopped (stalks and all)

1 pork and fennel sausage (squeeze meat from skin and break apart)

1 large ripe tomato diced

(or ½ can chopped tinned tomatoes)

3 teaspoons sweet smoked paprika

½ cup dry cider (real cider – not the commercial brands)

Generous splash of Apple Brandy or Calvados (optional)

Extra Virgin Olive Oil (EVOO)

Salt and Pepper to taste



Method

Ready all ingredients as this will come together in 5 minutes. The quicker you do it, the sweeter and more juicy the mussels will be.

Over a moderate to high heat, warm a small soup boiler. Add a health splash of EVOO and sauté the sausage. Add paprika to cook for a second on it's own and then parsley and tomato. Stir for a minute.

First, discard any mussels that are open before cooking, then add remaining mussels and turn over to cover in the flavour. Add cider (and brandy) and stir through to lift flavour from the bottom of the pot. Put the lid on and leave for a minute.

Check to see if most of the mussels are open. If they are, remove from heat and check the seasoning. Lots of cracked pepper and perhaps a pink of salt.

If not quite cooked, turn the mussels gently and replace the lid to cook for another 30 seconds or so. They should be just on the turn from opaque to russet red. (discard any mussels that will not open).

Garnish with parsley leaves and serve to the table in the pot with crusty bread on the side. Serve into big bowls and share the smoky, salty, sweet soupy goodness with one of your besties. It's not Posh. It's Messy. Amazing. Satisfying Goodness.

This will make you thirsty so a Cider (or sparkling apple juice), Pale Ale or Pilsner is perfect.

olive.a.twist

food . wine . science

www.oliveatwist.com.au