



Blue Dragon's Favourite Wild Mussel Recipe

Ingredients:

Olive oil or melted butter
2 cloves chopped garlic
¼ cup chopped onion
2 pounds mussels
½ cup wine (Madgira, Sherry, White wine)
2 Tablespoons dried or ¼ cup fresh chopped herbs (Basil, Parsley,
Cilantro, etc)

Cover the bottom of pot with olive oil or melted butter. Sauté garlic and onion. Add ½ cup wine and bring to a boil. Add herbs.

Add rinsed mussel to pot, cover and cook until mussels open – about 10 minutes. Cook for approximately five more minutes after mussels open.

Hold the lid tightly on pot and shake up and down to distribute broth over mussels. Pour off broth into bowls for dipping or spoon it over the mussels in each bowl.

Serve with crusty bread to complete your feast!