

Moules Casserole

Serves 2

This recipe is written for two individual mussel pots, but it can easily be made in a single covered pot that isn't too heavy to shake with ease. It can also be doubled or tripled, and you can add ingredients like extra herbs, peppers or cream if desired.

4 pounds (1,8 kg) fresh mussels

1 medium yellow onion, peeled

1 branch celery, washed

2 medium carrots, peeled and washed

1 leek, washed, white part only

2 garlic cloves, peeled and minced

2 tablespoons butter

2 tablespoons vegetable oil

Handful fresh parsley, chopped

1 1/2 cups (375 mL) dry white wine

Salt and pepper to taste

Rinse mussels in cold water and discard any that are open or have cracked shells. Chop onion, celery, carrots and leek into 1" (2.5 cm) pieces.



Place a tablespoon of butter and oil in each pot over medium heat. When the butter starts to foam, divide the vegetables into the two pots. Cook, stirring occasionally, until the vegetables begin to soften. Add the mussels and half the white wine, cover, and turn the heat to high. Cook for 5 to 7 minutes (depending on the size of the mussels), shaking gently on occasion. Just before the cooking time is up, pour in the remaining wine, sprinkle with chopped parsley, season with salt and pepper, and toss one last time. Keep covered until ready to serve.

Note: I like to serve mussels with a dry white wine like a French Muscadet or Italian Soave, sliced baguette, and a big bowl of French fries alongside.