

## Moules Marinières

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This is one of those absolute classics, and deservedly so. This is so classic that I really can't see any reason to cook mussels any other way (except as an ingredient to another dish such as *Paella*, of course). If you're having mussels as just, well, mussels, then this is the way to cook them.

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### Planning

serves:	2
prep time:	30 mins
cooking time:	5 mins

### Ingredients

1 net rope-grown mussels  
1 tbs butter  
1 banana shallot (or 2  
regular shallots), very  
finely chopped  
1 clove garlic, very finely  
chopped  
8 sprigs fresh thyme  
(optional)  
100ml dry white wine (e.g.  
Muscadet)  
2 tbs cream (single or  
whipping)  
2 tbs finely chopped fresh  
parsley

### Method

Wash the mussels under cold running water in a sink, removing the beards with a paring knife. Do not scrub the shells - apparently the colour will taint the juices in cooking. Discard any broken mussels or mussels that remain open when tapped sharply a few times.

Melt the butter in a casserole (one that has a tight-fitting lid) that is plenty big enough for the mussels with room to spare. Toss in the shallot, garlic and thyme (if using) and sweat for a minute. Add the wine and bring to simmering point to drive off the alcohol.

Add the mussels, cover with a lid and cook for 3 minutes or until the mussels open. Hold the lid and shake the pan a time or two to stir the mussels up a bit. Discard any mussels that do not open.

Add the cream and parsley and stir well. Do not season - the salty mussel juices mixed with the wine are all you will need.

Serve with crusty French bread and/or, for the total French experience, *frites*.