

# Steamed Mussels

Classic French steamed mussels in white wine broth with garlic and herbs. Ready in 30 minutes with simple ingredients for an elegant seafood dinner.

10	20	30	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Steamed Mussels

## Ingredients

- 3 lb mussel
- 2 tbsp butter
- 1 shallot
- 2 clove garlic
- 3 cup vegetable broth
- 1 cup white wine
- 2 tbsp heavy cream
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp chili flakes
- 3 tbsp parsley

## Instructions

- 1 Prepare the mussels**

Soak the 3 pounds of mussels in cold salted water for 20 minutes to help them expel sand. Scrub each mussel with a stiff brush under cold running water and pull off the beard (the stringy bit) by yanking it toward the hinge of the shell.
- 2** Discard any mussels with cracked shells or those that remain open when tapped firmly. Rinse the cleaned mussels one final time under cold running water and set aside.
- 3 Prepare the aromatics**

Finely mince 1 shallot and 2 cloves of garlic. Set aside separately.
- 4 Build the cooking base**

Heat 2 tablespoons of butter in a large, wide saucepan or Dutch oven over medium heat until melted and foaming. Add the minced shallot and cook, stirring occasionally, until softened and translucent, about 2-3 minutes.
- 5** Add the minced garlic, 1 teaspoon of red pepper flakes, and 1 teaspoon of salt. Cook, stirring constantly, until fragrant, about 30 seconds.
- 6 Steam the mussels**

Pour in 1 cup of white wine and 3 cups of vegetable broth. Increase heat to high and bring the liquid to a rolling boil.

- 7 Add all the cleaned mussels to the pot and cover immediately with a tight-fitting lid. Steam for 6-8 minutes, shaking the pan vigorously every 2 minutes, until the mussels have opened wide.
- 8 **Finish the dish**  
Remove the pot from heat and discard any mussels that have not opened. Stir in 2 tablespoons of heavy cream and 1 teaspoon of black pepper.
- 9 Divide the mussels among 4 warmed bowls, ladle the flavorful broth over the top, and garnish with 3 tablespoons of fresh chopped parsley. Serve immediately with crusty bread for dipping.

## Tips

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Tap any slightly open mussels before cooking – fresh ones will close immediately when disturbed, while dead ones will remain open.

Use a wide, shallow pan rather than a deep pot to ensure even cooking and easy access to the mussels.

Don't overcrowd the pan – cook in batches if necessary to maintain proper steaming temperature.

Save some of the cooking liquid to pour over the mussels just before serving for extra flavor.

Warm your serving bowls beforehand to keep the mussels hot throughout the meal.

Provide guests with small bowls for empty shells and plenty of napkins for messy but enjoyable eating.

Strain the cooking broth through cheesecloth before serving to remove any remaining grit or sand.

Add fresh herbs like parsley or thyme just before serving to maintain their bright color and fresh flavor.