

## Classic Moules Marinières et Frites

Serves 2

### **Ingredients:**

- \*1kg fresh mussels, rinsed and de bearded
- 3 large spring onions thinly sliced width ways
- 1 large shallot, peeled, halved and thinly sliced
- 2 fat garlic cloves, peeled and thinly sliced
- handful flat-leaf parsley coarsely chopped
- 100ml olive oil
- 150ml dry white wine (ideally Muscadet)
- 2 tbsp crème fraiche

### **Method:**

1. Place the mussels in a large bowl of cold water. Discard any that remain open when tapped, then drain well, pulling away any beards.
2. Cook all the vegetables in the oil in a large sauté style lidded pan for around 1-2 mins, shaking the pan and stirring the vegetables until they start to wilt.
3. Leaving the pan on a high heat, toss in the mussels and shake the pan to spread the mussels out evenly. Cover with the lid and cook for another 1-2 mins, shaking the pan once or twice.
4. Add the wine and shake again, cooking for another 1½ mins and reducing the wine by half.

Cover and cook for a further 1 min. (Cook the chips at this point)

5. Place a large colander over a bowl and tip the vegetables and mussels out and set aside. Pour the strained liquid back into the pan, reheat and then slowly stir in the crème fraîche along with the whole parsley leaves.
6. You probably won't need any salt however just check at this stage for seasoning.
7. Return the vegetables and the mussels to the pan and reheat and one final shake.
8. Divide between two large deep bowls and serve with chips and fresh crusty baguette and butter for dipping!
9. Serve with the remaining white wine chilled!

**\*Important information: Your mussels should look black and shiny and only smell pleasantly of the deep sea. Mainly they should be tightly closed. Throw away any that have a 'fishy' smell, look dry or are open. After cooking discard any mussels that remain closed.**

### **Variations:**

Roquefort Version - Add 1 ¾ oz of Roquefort, roughly crumbled at stage 7

Curry Version - Add a teaspoon of curry powder to the crème fraîche before adding at stage 5