

mussels steamed in wine

recipe from epicurious.com (serves 4)

Smaller fish are often a better choice for the environment and your health. Great small seafood choices include squid, oysters, mackerel, sardines and mussels. This recipe demonstrates that doing the right thing is also sometimes the tastiest.

- 1 large shallot, finely chopped
- ¼ onion, finely chopped (about ⅓C)
- ¼ C dry white wine
- 3 ½ T unsalted butter, cut into ½” cubes
- 1 T white wine vinegar
- 4 ½ lb mussels, scrubbed, debearded
- freshly ground black pepper
- 2 T chopped flat-leaf parsley

Place shallot, onion, wine, butter, and vinegar in a large heavy pot. Add mussels, cover, and bring to a boil. Cook, gently shaking pot once or twice, until mussels open, 3-5 minutes (discard any mussels that don't open).

Set a strainer lined with a double layer of cheesecloth over a bowl; set aside. Using a slotted spoon, transfer mussels to a large bowl. Pour mixture in pot through prepared strainer. Season broth with pepper and pour over mussels. Sprinkle with parsley.

A stylized logo featuring three trees with rounded canopies and visible roots, set against a light gray background. The trees are positioned behind the main text.

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