



**Mussels Calabrian (Serves 1)**

*Adapted from a recipe by Chef Antonio Riggerino from Verde Restaurant+Bar, a Southern Italian restaurant located in East Sydney.*

Total time: approx. 10 minutes

# the heart of food Recipe - Mussels Calabrian

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## Ingredients

- Mussels, approx. 12 for entree; 24 for main.
- 1/2 ripe tomato
- 2 Tbsp diced celery
- 1/4 medium lemon
- 1 sprig of parsley
- 1 clove of garlic
- 1-2 Tbsp white wine
- 1 Tbsp extra virgin olive oil
- Black pepper to taste

## Method

1. Debeard mussels with fingers or clean set of pliers, and scrub down to remove any muck adhered to the shells. Place to one side.
2. Roughly dice up the tomatoes, celery & lemon. Break down the parsley, stalks and all, into short lengths. Mince the garlic.
3. Add all of the above ingredients into a small pot, along with approx. 1 Tbsp each of white wine and extra virgin olive oil, and pepper to taste.
  - Use the best tasting wine and olive oil you have available, as it will greatly impact the final result.
4. Roughly squeeze the ingredients with your hand in the pot to extract all the juices & essential oils.
  - There should be at least 3mm of liquid at the bottom of the pot as there needs to be enough liquid to steam the mussels. Add a little extra white wine, if necessary.
5. Place the cleaned mussels into the pot and cook on high with the lid on. Once the mussels open, cook for another 30 sec to 1 minute.
  - The cooking time for an entree sized portion is around 2 minutes.
6. Seasoning shouldn't be required as the mussels are salt-water creatures. However, once mussels have finished cooking, season broth to taste if necessary.

## Serve

Plate and serve with thick slices of bread to mop up all the flavourful broth. Alternately, serve straight out of the pot for a more rustic approach.

Broth can be strained, if necessary. The ingredients have given their all and would likely not be consumed, especially the lemon rinds!

*For more images and details regarding this recipe, check out the heart of food recipe post at:*

<http://theheartoffood.com/recipe-mussels-calabrian>