

Mussels

2 Tbs.....Olive Oil
2 ea.....Tomatoes
½ ea.....Onion
6 ea.....Garlic Cloves
½ c.....Dry White Wine
2 Tbs.....Butter
1 lb.....Mussels
2 ea.....Lemons
to tasteSalt
¼ c.....Julienne Fresh Basil



1. Dice the tomatoes and onion.
2. Slice the garlic.
3. Heat the olive oil and sauté the tomatoes, onion and garlic until caramelized.
4. Add in the wine and bring to a boil.
5. Add in the mussels and cook until they open. Be careful not to over cook them.
6. Add the remaining ingredients and serve.

This is a great quick and easy appetizer but can be used as a main dish served with some pasta. If you over cook the mussels they can become very chewy so it is very important that you only cook them just until they open. When buying mussels, make sure they are all closed or when touched they close right away. Mussels are a living creature when fresh but if they get old they start to die.

Most mussels are cultured/farmed and will be safe to eat but wild ones can be dangerous at certain times of the year. There are times of the year when red tide occurs which is a plankton type of organism that will be in abundance and visible as a red mass. It is typically when the ocean is warmer. Other shellfish would also be infected and should never be eaten.

Be creative, have fun and enjoy!!!