WOOD-FIRED MUSSELS

SERVES: 4 | PREPARATION TIME: 7-10 minutes
COOKING TIME: 10-12 minutes | DIFFICULTY: Easy

INGREDIENTS

- 2 kg live mussels, washed and de-bearded, or 800 g local frozen half-shell mussels, thawed
- 5 garlic cloves, peeled and smashed with the back of a knife
- 1 large lemon, zested and cut into wedges
- 2 red chillies, cut in half
- 1 handful of fresh thyme and parsley sprigs
- 75 ml white wine
- 75 ml olive oil
- Maldon salt and cracked pepper, to season
- crusty bread, for serving

A LITTLE TIP

If a recipe calls for live mussels, you can always use local frozen mussels too. Ratio: 1 kg live mussels = 400 g frozen half-shell mussels. Simply reduce the cooking time by 2-3 minutes, as frozen mussels are already partially cooked.

METHOD

1. Place the mussels into a large roasting tray and scatter over the garlic and lemon zest.
2. Squeeze the lemon juice over the mussels and place the lemon wedges among the mussels.
3. Add the chillies and herbs, and pour over the wine and olive oil.
4. Season well with salt and cracked pepper.
5. Place the roasting tray directly over moderate coals and allow to steam in the juices.
6. Once the mussels have opened, stir through and serve piping hot with crusty bread.
7. If using local frozen half-shell mussels, cook for 3-4 minutes.

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