



Blue Ocean
MUSSELS

Naturally Good



PICKLED CURRY MUSSELS

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SERVES: 8-10 | **PREPARATION TIME:** 15 minutes
COOKING TIME: 5-7 minutes | **DIFFICULTY:** Easy

INGREDIENTS

- 2 tablespoons extra virgin olive oil
- 2 large onions, cut into thin rings
- 3 cm piece of fresh ginger, grated
- 4 cloves of garlic, crushed
- 80 ml Pakco curry paste
- 5 ml turmeric
- 15 ml whole allspice
- 5 ml coriander seeds
- 5 ml cumin powder
- 6 bay leaves
- 1 litre white vinegar
- 200 g sugar
- 100 g smooth apricot jam
- 2 kg fresh half-shell mussels, steamed and meat removed, or 800g local frozen half-shell mussels, thawed and meat removed

A LITTLE TIP

Pickled mussels can be enjoyed straight from the jar, or turned into a delicious summer salad. Simply add salad leaves of your choice and use some of the pickling liquid as a piquant dressing.

METHOD

1. In a stainless-steel saucepan over a medium heat, add the olive oil and, when hot, gently sauté the onions until translucent.
2. Add the ginger, garlic, curry paste and spices, and fry gently for a few minutes, or until fragrant.
3. Add the bay leaves, vinegar and sugar, and stir until the sugar has dissolved.
4. Add the apricot jam and slowly bring to the boil, then reduce the heat and simmer for 20 minutes.
5. Place a layer of the cooked mussels into a deep glass or non-metallic container and pour a little of the hot sauce over it, to cover. Continue layering the mussels and sauce until all the mussels are covered.
6. Let cool, place in sterilised jars, and store in the fridge for up to 4 months.

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