



The Crabs Moules Mariniere – Serves 2

Ingredients:

1kg Mussels – Cleaned, Beards removed and washed well in cold water. (Make sure to dispose of any that are open.)
2 x Banana Shallots, finely chopped
1 x large Garlic clove, chopped
Salt & Pepper
4 Fluid Ounces of dry white wine
Good pinch of chopped Parsley
Good sprig of fresh Thyme
4 Fluid ounces of double cream
Dessert spoon of Olive oil

Method:

Start by heating the Olive oil in a good sized pan that has a tight fitting lid.

Add the Shallots and Garlic to the pan and once they have softened, add the Mussels and Wine, add seasoning as required. Place the lid on the pan and allow the Mussels to steam for 4-5 minutes and make sure all the Mussels have opened.

Add the Cream, Parsley and Thyme simmer for 1-2 minutes until the sauce has thickened.

Serve with Crusty Bread or French Fries.