



Elsa's Mussels

Elsa Sampou

This is Andre's wife's favorite recipe for mussels. Rich and classic, it uses a French technique for thickening sauces at the last minute by mixing flour and softened butter together to make a *beurre manié*. It's a great trick to have up your sleeve when you have a sauce that is too thin.

INGREDIENTS

- 2 Tbsp. flour
- 5 Tbsp unsalted butter, softened
- 2 cloves garlic, chopped
- 4 Tbsp onion, chopped
- 2 bay leaves
- 3-4 dozen mussels, debearded and scrubbed
- 1-1/2 cup white wine or dry white French Vermouth
- 3/4 cup heavy cream
- 4 Tbsp Dijon mustard
- 2 egg yolks, lightly beaten

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METHOD

- 1) In a small bowl blend flour and 3 Tbsp butter together with a fork until smooth.
- 2) Melt remaining 2 Tbsp butter over medium high heat in a heavy-bottom sauté pan with lid that fits tightly. Add garlic, onion, and bay leaf and cook, stirring for a few minutes.
- 3) Add white wine and bring to a boil.
- 4) Add mussels, cover and cook until shells open. Check after about 5 minutes. Remove mussels from liquid with slotted spoon and place in a bowl.
- 5) Bring liquid to a boil then take off heat.
- 6) Quickly add the flour and butter mixture and put back on the heat; whisking constantly. Bring mixture to a boil until it thickens.
- 7) Cook for another minute or two to cook out the raw taste of the flour. Reduce heat to low.
- 8) Add cream, mustard, and egg yolks. Heat to warm, stirring constantly. Don't bring back to a boil, or the eggs might curdle. Pour sauce over mussels.

6x4 inch recipe card
1 1/4" side margins, 1 1/2" top and bottom margins

BARS tested and approved recipe