

BEECH OVENS

SELECTED BY THE WORLD'S LEADING HOTELIERS

Moules Marinière

Name of dish:	Moules Marinière	
Cooking Temperature:	250°C	
Cooking method:	Sauté/Bake	Preparation Time: 15mins
Number of portions:	4	Cooking Time: 10mins
		Time total:25mins



<i>Ingredients</i>				<i>Method</i>	
Item	Amount	UOM-Kg/ML/Each			
Black Mussels	2	kg		1	Clean and de-beard mussels.
Onions (finely diced)	60	g		2	In a heavy based pan, sweat onion and
Garlic	20	g			garlic in the butter.
Parsley (chopped)	½	bunch		3	Add mussels, wine and cream.
White wine	100	ml		4	Cover and steam Mussels open, 4-5 minutes.
Cream	120	ml		5	Discard any Mussels that haven't opened.
Butter	50	g		6	Add parsley.
				7	Serve in a bowl with the cooking liquor
					spooned over the top.