

MUSSELS PROVENCAL: MUSSELS WITH TOMATO, HERBS, WHITE WINE AND GARLIC

Serves 2

INGREDIENTS:

1 kg fresh mussels
2 tbsp olive oil
½ large fennel bulb (if not available use onion) chopped fine
1 large leek (white part) chopped fine
1 clove of garlic
1 pinch of saffron threads
1 cup of dry white wine
1 fresh bay leaf (dry if fresh not available)
400 g tin peeled diced tomato
500 ml fish stock (chicken stock can also be used)
1 tsp sugar
Salt + Pepper
1 tbsp basil finely chopped
1 tbsp Italian parsley chopped

DIRECTIONS:

Place a medium size pot with a lid on the stove on medium heat.

Add the olive oil, allow the oil to heat for a few seconds then add the fennel, garlic and leek. Sautee the vegetables until they soften and start turn clear, but do not brown. Add the bay leaf, tomato, wine, stock and saffron and bring to a simmer, continue to simmer for 10 minutes. Add the sugar, salt and pepper to taste.

Ready the mussels by cleaning the shells and bearding them.

Turn heat up on sauce and pour the mussels into the pot and place the lid on top. After a minute stir the mussels to make sure they are cooking evenly. When the mussels have opened they are ready.

Serve by placing the mussels in bowls and garnish with the herbs, pour sauce over the top, serve immediately with crusty French bread.