

Prince Edward Island Mussels, Shallots, Fresh Thyme and Burnt Orange



For Four Servings
Preparation Time: 30 Minutes
Cooking Time: 5 Minutes

- 2 Lbs Fresh PEI Mussels, washed well
- 3 Whole Shallots, Sliced Thinly
- 2 Clove Garlic, Sliced Thinly
- 2 Oranges, Peeled Carefully, No Pith
- 1 Cup Canola or Grape Seed Oil
- 3 Table Spoon Burnt Orange Oil
- 2 Table Spoon Butter
- 1 Cup White Wine
- Pinch of Cracked Chili Peppers
- Chopped Parsley
- Few Sprigs of Fresh Thyme
- Salt and Pepper To Taste

With a peeler, carefully peel the Orange skins, making sure to avoid the white pith. Put the orange peels in a heavy bottomed sauce pan and cover them with either the canola or the grape seed oil, and place on very low heat. Allow the orange rinds to simmer in the oil, over very gentle heat, until they turn a dark orange color. Avoid their turning brown, they will be too bitter if they reach this point.

Meanwhile, carefully wash and beard the Mussels, and discard any that are open and do not close once tapped a couple of time. Place them in the refrigerator until the orange oil is ready, about 20 minutes.

Once the orange peels have turned a deep orange color, take them off the heat and allow to cool – it can be put in

the refrigerator to accelerate its cooling.. When cooled, blend the oil and the peels well in a blender.

To cook the mussels, choose a heavy bottomed pan with a lid, which will hold all the mussels comfortably – keep in mind they will expand in size once they open.

Melt the butter on medium heat until it foams, add the sliced shallots and garlic and toss them around until they are a bit soft. Then add the orange oil, a pinch of the chili pepper, salt and pepper, and the mussels. Toss the mussels around a bit, add the thyme sprigs and the wine and cover. Raise the heat to high.

Check the mussels after about five minutes. You may have to mix them around to allow all of them to open. Do not over cook them, to avoid their becoming tough.

Once all the mussels have opened, uncover, sprinkle them with the chopped parsley and portion them into four soup bowls and spoon over the liquid. Discard any mussels that have not opened.

Perfect with a dry bottle of wine such as:
Tselepos **Mantinia 2005**,
Or
Domaine de la Borne **Muscadet “Tire sur Lie” 2005**