



CREAMY NORDIC MUSSELS



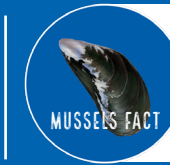
RECIPE BY JESPER BJÖRKELL

HEAD CHEF, RESTAURATEUR
AND MENTOR, HANKO SUSHI
AND TOQYO FOOD STREET.

COOKING TIME
20 MINS

SERVING
4

A DELICIOUS NORDIC RECIPE WITH SUSTAINABLE MUSSELS FROM FINNISH SUSHI EXPERT CHEF JESPER BJÖRKELL.



THE SOFT MEAT OF MUSSELS IS CONSIDERED AN EXTREMELY HEALTHY DELICACY, PACKED WITH PROTEIN, OMEGA-3 FATTY ACIDS AND MANY OTHER NUTRIENTS.

INGREDIENTS

- 3 tablespoons butter
- 2 shallots, chopped
- 200ml white wine
- 1kg MSC certified blue mussels
- 300ml double cream
- 3 tablespoons grated horseradish
- 2 tablespoons finely chopped dill (or parsley) plus extra for garnish
- White pepper
- Salt
- 1 teaspoon sugar

and remember to look for the blue fish label



METHOD

1. Wash the mussels under cold running water, getting rid of any 'beards' still attached to the shell. If any mussels are open, tap them sharply on the side of the colander or bowl. They should close straightaway – discard any that remain open, or any with cracked or broken shells.
2. Melt butter in a saucepan on low heat, add finely chopped onions and sweat for 2-4 minutes. Be careful not to burn them.
3. Add the wine and the mussels. Put a lid on and increase the heat; cook on medium heat for about 5 minutes, until the mussels open. Remove the mussels from the pan and discard any that didn't open.
4. Lower the heat again, add the cream, horseradish and dill (or parsley) to the sauce and let simmer for a couple of minutes. Add pepper, salt and a pinch of sugar just before serving. Avoid boiling the pepper as that might make the sauce bitter.
5. Pour the sauce over the mussels and decorate with chopped dill (or parsley) Serve with new potatoes or with fresh pasta.