

MUSSELS IN WHITE WINE SAUCE – DINNER IN 15 MINUTES!

1 TBL EXTRA VIRGIN OLIVE OIL
¼ TSP RED PEPPER FLAKES (TO TASTE)
3 CLOVES FINELY MINCED GARLIC
2 SHALLOTS FINELY DICED (APPROX ½ CUP)
*1-2 LBS MUSSELS CLEANED, SCRUBBED, AND TRIMMED
1 CUP GRAPE TOMATOES SLICED
3-4 SPRIGS FRESH THYME
APPROX ½ CUP DRY WHITE WINE
HANDFUL FRESH BASIL OR PARSLEY LEAVES TORN
ZEST AND JUICE OF ONE LEMON
SALT AND PEPPER TO TASTE

Heat olive oil in large deep saucepan on stove low heat. Add red pepper flakes and garlic. Simmer garlic until fragrant and foaming (3-4 mins). Do not brown. Add shallots and sautee until translucent (Not browned).

Add mussels, tomatoes, thyme and wine. Season to taste with sea salt and black pepper. Give it a good stir. Cover pan and bring up to a boil and take right down to a simmer. Giving it a shake once in a while, simmer 6-7 minutes, or until all the mussels open.

Grate lemon zest over the pan, squeeze juice of lemon over the pan, and sprinkle with fresh basil or parsley if desired.

Serve in a big bowl, with plenty of crusty bread to sop up the “liquor” from the mussels, and pair it with a simple salad and a glass of white vino!

- Uncooked Mussels should be closed and not broken. If uncooked mussels are open, tap them and see if they close up. If not, discard.
- Also, discard any mussels that don't open after cooking)

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