



Miele

Mussel stew

By Hugh Allen

25 minutes

Preparation time

20 minutes

Cooking time

4

Serves

INGREDIENTS

50 g olive oil
40 g onion, diced
5 g red chilli flakes
2 garlic cloves, crushed
1 kg mussels
150 g dry vermouth or dry white wine
200 g chicken stock
2 vine ripe tomatoes, diced

To serve

Flat leaf parsley, cut into long, thin strips
Fresh green chilli, sliced

METHOD

1. Heat the olive oil in a large, deep pan over medium-low heat, induction setting 4.
2. Add the onion and garlic, stirring occasionally, and cook until the onion is soft and fragrant, about 3-4 minutes.
3. Stir in the red chilli flakes and cook for 1 minute.
4. Increase the heat to high, induction setting 8 then add the wine to deglaze the pan. Bring to a boil and simmer for 2 minutes to cook off the alcohol.
5. Add the chicken stock and diced tomatoes. Stir well and lower the heat to simmer for 10 minutes, allowing the mixture to reduce slightly and develop into a rich sauce.
6. Add the mussels to the pan and stir to coat them in the sauce.
7. Cover the pan with a lid, lower the heat to medium-high, and cook for 3-4 minutes, shaking the pan once or twice. The mussels are ready when they have opened.
8. Discard any that remain closed.
9. Toss in the parsley and adjust the seasoning to taste.

To serve

1. Plate in bowl or platter to share.
2. Drizzle with extra virgin olive oil and garnish with additional parsley and fresh green chilli slices.
3. Serve immediately with crusty bread to soak up the flavourful sauce.