

# MUSSELS PROVENCAL

Chef John Howie



## Ingredients:

Yield: 2 servings

6 cups Mussels In Shell – de-bearded Penn Cove  
2 fl. oz's Olive Oil  
2 tsp. Garlic – shaved cloves, whole slices  
2 Tbsp. Onion – white, minced fine  
1 cup Heirloom Tomato – diced ½"  
1 tsp. Sea Salt  
½ tsp Pepper – fresh ground  
2 fl. oz's Clam Juice/White Wine Mixture -50/50 mix  
2 Tbsp. + 2 tsp. Italian Parsley – chopped coarse

## Cooking Procedure:

1. Heat the olive oil in a sauté pan, when the olive oil is beginning to heat add the garlic and onion, let sauté until the garlic is turning golden. Add the mussels to the pan. Toss lightly, add the tomato and the salt & pepper, cook and toss then add the clam juice/white wine. Lower the heat cover and steam for 2 minutes or until the mussels have opened.
2. Add the parsley, toss lightly. Place in the bowl placing some of the tomato on top. Serve with baguette toasts.



**GROUPON**