

EVERGREEN NUTRITION

FERNE GLASER - R.N.C.P.

NUTRITION - WELLNESS CONSULTANT

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FERNE'S FABULOUS MUSSEL MANIA



- 4 pounds mussels
- 2 tablespoons olive oil
- 2 large shallots, diced
- 1 teaspoon red pepper flakes
- 4 cloves garlic, minced
- 1 cup single malt scotch
- 1 28 ounce can diced tomatoes (fire roasted if available)
- 1 cup packed basil leaves cut into thin strips
- 2 tablespoons chopped fresh oregano

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1 teaspoon hot paprika

3 cups clam juice

Rinse mussels and set aside.

In a large saucepan, heat olive oil. Add shallots and red pepper flakes. Cook approximately 3 – 5 minutes over medium heat until fragrant.

Add garlic and scotch and stir for 1 minute. Add tomatoes, oregano, basil, paprika and clam juice. Bring to a boil.

Add mussels. Simmer covered until mussels open up.

Pour into a large bowl and serve with lots of crusty bread for dipping.