

Recipe- Moules Ravigote

(Cold Mussels in lemon sauce)

Traditional, modified by Tim Free

This recipe will easily serve 4-6 as an appetizer. They can also be part of a buffet, in which case this could be enough for 10-12 people.

Ingredients

Mussels, fresh (small as available)	2 lb	Red sweet pepper, tiny dice	¼ Med.
Lemon, whole	1 Lg	Parsley, fresh, minced	2 Tbs
Olive oil, extra-virgin	~ ¼ cup	Salt and pepper	to taste
Shallots, minced	1 Med.		

Method

In our area, mussels are usually sold in 2-lb bags.

Clean mussels thoroughly in cold water. Do not de-beard until just before cooking. Steam in a large pot in hot water until shells just open (this only takes a few minutes). Discard any mussels that don't open or have cracked shells. After mussels cool, remove them from their shells and refrigerate. Save the nicest half of each shell and clean it well; refrigerate these cleaned shell halves. Meanwhile, make the sauce. Zest the 2 lemons, chop zest finely, and reserve. Cut the lemons in half and squeeze the juice through a strainer into a medium bowl. Begin adding the olive oil slowly while whisking, until an emulsion forms; at this point you can add the oil a bit faster, until the sauce thickens. Taste the sauce and add more olive oil if it seems too tart. Add the shallots, red pepper, and parsley to the sauce. Season with pepper; add salt if needed. Refrigerate the sauce.

To Serve: Place a chilled mussel on each shell half (on a platter or individual plates). Shake sauce well to re-form emulsion, spoon about a tablespoon over each mussel, and serve quickly, as cold as possible. In hot weather I also chill the plates.