



# Molloy's Fish Market

— Est 1968 —

## Moules Marinieres

SERVES 4

### INGREDIENTS

- 4-5lb/ 1.8 - 2.3kg Mussels from Molloy's Fish Market
- 1 medium onion, chopped
- 1 pint / 150m dry white wine
- Peppermill
- ¼ pint / 150 ml cream
- 1 oz / 25g Chopped Parsley



### HOW TO:

- Clean mussels and remove the beards by giving a sideways chuck – a downwards one will tear the mussel
- Remove any barnacles also as they will fall off and ruin the sauce. NB: Discard any open mussels
- Cook the onion in a little oil until, soft
- Add the wine and the mussels, cover and shake occasionally until the mussels are open
- Add some pepper from the mill, then the cream
- Bring to the boil, shaking again, and transfer to a tureen
- Sprinkle with parsley and serve immediately
- NB: It is very important to discard any unopened mussels – do not overcook in an attempt to open them

