

HAIRY MUSSEL RECIPES



No. 1 Naked Hairies

NAKED HAIRIES

This is our favourite way of cooking and eating Hairy Mussels and it also gives Tim & I the most satisfaction seeing the reaction from people when they taste mussels cooked this way, simply & not overpowered by other flavours. It gives you a fresh, true taste of Greenshell Mussels and is a no fuss way to cook the humble kiwi icon.

Pick your largest pot, $\frac{1}{2}$ fill it with water and put the lid on to boil. Once boiling drop your mussels into the pot and replace the lid. You will have to keep an eye on things, so once it has returned to the boil, turn down to simmer.

After 3 - 4 minutes most of the mussels will open and you can pluck one out to see if it is cooked to your liking, if so drain or scoop out.

Place the steaming beauties in a bowl and if some have only partially opened they may need a hand by flicking a flexible knife round the inside of the shell to detach the mussel.

Garnish with fresh sliced lemon and a sprinkle of black pepper, chopped coriander or parsley if you want to get real fancy and get your hands dirty!

If you want to cook more than one batch then you are creating a delicious stock at the same time and should keep the water at the end for a fabulous mussel or seafood chowder

Hairy Helen x

HAIRY MUSSEL™ Co

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