



Prince Edward Island (PEI) Mussels

Mussels, cultured in the cool water surrounding PEI, are rapidly becoming one of North America's most popular seafoods. Although wild mussels, which grow abundantly along shorelines, have long been regarded as trash seafood, people are now becoming aware that cultured mussels are very different. Cultured mussels are grown in mesh stockings that are suspended from longlines (ropes) in the water. Because they never touch the ocean bottom and the ideal conditions promote rapid growth, cultured mussels taste sweeter, are more tender, are plumper, are free of grit and have a higher meat yield than their wild counterpart. As well as being tasty, mussels are nutritious. They are particularly rich in protein and minerals while being low in fat and cholesterol.



Nutritional Information	
Serving size	3 ounces (85 g)
Calories	70
Protiens	10.1 g
Carbohydrate	3.1 g
Fiber	0.0 g
Total fat	1.9 g
Saturated fat	0.4 g
Sodium	243 mg



To prepare mussels for cooking, rinse the shells under cool running water. Remove the byssus threads (a bundle of brown fibres found between the two shells of the mussel) by cutting them with scissors or pulling them out with a quick tug. Mussels are traditionally prepared by steaming over medium heat for 5-7 minutes or until the shells open. Because mussels contain liquid, which comes out during the steaming process, it is not necessary to add any liquid when steaming fresh mussels. If the mussels are several days old, it may be necessary to add about 1/2 inch (1 cm) of liquid to the bottom of the pot. Vegetables such as carrots, celery or onion can also be added for extra flavour. When steaming mussels, cook them only until the shells open wide and the meats become loose from the shell. To continue steaming will overcook the mussels, causing them to be tough and dry.





Mussels in Fresh Limes

INGREDIENTS

36 Canadian Cove mussels
1 cup white wine
2 fresh limes
1 tbsp. sugar
3 shallots, minced
1/4 cup butter
1/4 cup fresh cream
ground pepper to taste



Directions

Soften half of the butter and combine with flour until a paste is formed. Set aside. Sauté vegetables in the remaining butter until golden brown. Add wine, water and seasonings. Bring to a boil and add mussels. Steam covered over high heat until mussels open (5-8 minutes). Drain mussels, reserving juice and discarding vegetables. Arrange mussels and keep warm on a serving dish. Bring strained liquid to simmer and stir in beurre Mainé (butter/flour paste). Cook 2-4 minutes, stirring until smooth. Spoon sauce over mussels and garnish with chopped parsley or long strips of lime rind.



Prosciutto & Tarragon Mussels

INGREDIENTS

1 bag Canadian Cove Mussels (2 lbs.)
2 tsp. tarragon
1/2 cup white onion, chopped
2 Tbs. olive oil
1/2 cup prosciutto, chopped
Dash of nutmeg
2 cloves garlic, chopped
Salt and pepper to taste
2 cups light cream



Directions

Steam mussels in 1 inch of water, 2 Tbs. olive oil, 1 tsp. chopped garlic, and 1 tsp. tarragon until opened. Drain and remove mussels from shells. Cover immediately so mussels will remain moist. In sauté pan, cook onions in olive oil until soft. Add 1 Tbs. chopped garlic and 1/2 cup chopped prosciutto; stir. Add 2 cups light cream, 1 tsp. tarragon, dash of nutmeg, and salt and pepper to taste. Heat on high until it reaches a boil, stirring constantly. Remove from heat and stir in mussels. Serve immediately over linguine or your favorite cooked pasta.