



## Quadra Island Mussel Stew

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 2-4 people

Ready in: 30 minutes

---

## Fresh Seafood



3lbs Quadra Island mussels, washed and de-bearded

## Ingredients

2 cups dry white wine  
2 cups light cream  
1 bunch chevril or Italian parsley  
6 shallots, peeled and chopped  
big pinch of saffron threads  
salt and pepper

## Instructions

1. Combine wine and shallots in large saucepan and stir in saffron. Cover and simmer 2 minutes.
2. Discard any open mussel shells that do not close when tapped on the counter.
3. Add mussels to saucepan, cover and cook just until shells open (4-5 minutes), stirring once or twice. Remove mussels with a slotted spoon and discard any that have not opened. Pour the cooking liquid into a bowl, leaving grit behind.

4. Wipe out pot, pour cooking liquid back, stir in the cream and chervil or parsley. Simmer for 1-2 minutes, taste and adjust seasoning. Stir mussels into liquid, heat gently 1 minute and spoon the mussels and liquid into large bowls for serving.