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NEW ZEALAND  
GREENSHELL™ MUSSELS

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*culinary collection*



## A natural emerald beauty, found only in New Zealand's untouched waters

New Zealand Greenshell™ Mussels are a unique mussel variety found only in New Zealand's isolated waters.

Greenshell™ Mussels from New Zealand are prized for their large plump meat and sweet, tender taste, vibrant emerald green colored shell and are often referenced for their health benefits, which has made them a sought after delicacy around the world.

With their robust shell New Zealand Greenshell™ Mussels are most readily available in a 'ready to use' frozen half shell format, where all the hard work of cleaning, opening and discarding of unwanted shells has already been taken care of, making them easy to prepare and available to use when you require.

New Zealand Greenshell™ Mussels are masters of versatility, making them a popular choice on catering, bar and restaurant menus. The shell adds visual appeal to any dish, and the understated mussel flavor profile lends itself to a broad array of ingredient partners and cuisine styles.

In New Zealand, we are also acutely aware that the world wants food that not only tastes wonderful but carries with it firm assurances around food integrity, therefore we actively ensure that our mussels comply with the highest standards of food safety.

In all these respects, New Zealand Greenshell™ Mussels shine as rare and precious culinary gems.

For further information:  
[www.purenzmussels.com](http://www.purenzmussels.com)

# Preparation Tips



New Zealand Greenshell™ Mussels are the ultimate health food. High in protein, low in fat yet providing 680mg of omega-3 from EPA and DHA in one serving. They are also a rich source of selenium, iron, Vitamin B12 and iodine, and a good source of magnesium and calcium.

Five New Zealand Greenshell™ Mussels provide almost 100% of your daily iodine and selenium needs, 1/3 of daily protein needs and almost three times your daily Vitamin B12 needs.

New Zealand Greenshell™ Mussels are convenient and easy to prepare. They are well suited to many types of preparations including sauté, frying, baking, steaming, broiling, stewing and grilling.

## Preparing

### New Zealand Greenshell™ Mussels

If frozen, New Zealand Greenshell™ Mussels can be thawed before cooking or alternatively prepared from frozen.

## Thawing

Thawing frozen mussels prior to preparation is recommended for baking, grilling and frying recipe applications. Quick thawing can be achieved by running cold water over the mussels for 10 minutes, moving them around to ensure all are properly defrosted. Conventional thawing can be achieved by placing mussels or sealed bag in the refrigerator for 5-8 hours, draining off excess liquid prior to using.

## Cooking

Care should be taken not to overcook New Zealand Greenshell™ Mussels with the best results achieved when cooking until just heated through.

## Storage

New Zealand Greenshell™ Mussels must not be over-thawed or refrozen. Once thawed use New Zealand Greenshell™ Mussels immediately.

Frozen New Zealand Greenshell™ Mussels will retain their quality for up to twelve months if stored at or below 0°F (-18°C).

Please refer to product best before date for further detail on the shelf life of individual products.

# Recipe Contributors



Chef Andrew Brown  
The George Hotel  
Christchurch, New Zealand



Chef Robert Oliver  
Winner of the Best Cookbook in the World at the  
2011 Gourmand World Cookbook Awards  
Consultant Chef - New Zealand Trade & Enterprise



Chef Jonny Schwass  
Restaurant Schwass  
Christchurch, New Zealand



Chef Patrick McDonnell and his culinary team  
McDonnell Kinder & Associates (MKA)  
Kansas City, U.S.A.

For enquiries on  
New Zealand Greenshell™ Mussels  
email: [info@nurturedseafood.com](mailto:info@nurturedseafood.com)

New Zealand Greenshell™ Mussels

Preparation tips

Recipe Contributors

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# New Zealand Greenshell™ Mussels with Dynamite Sauce





# New Zealand Greenshell™ Mussels with Dynamite Sauce

Makes 24 portions

## Ingredients

24	New Zealand Greenshell™ Mussels - half shell
3/4 cup	Kewpie Mayonnaise (Japanese mayonnaise)
1 teaspoon	Sriracha (chilli sauce)
1 tablespoon	Flying fish roe

## Method

- Pre-heat your broiler/grill to 180 °C / 350 °F.
- To prepare the sauce combine the kewpie mayonnaise and Sriracha. Taste here. For a hotter sauce, add a little more Sriracha. For a milder sauce, add a few squirts of Kewpie mayo. Add the flying fish roe and stir slowly to distribute evenly into the sauce.
- Spoon the sauce over each mussel. Allow just enough to cover the meat completely.
- Place the mussels under the broiler/grill to cook. Check frequently and rotate the tray occasionally to even out the browning and compensate for hot spots.
- Cook until the sauce bubbles and turns golden brown with a few dark spots forming. The total cooking time should not exceed 15 minutes. Serve immediately.



# New Zealand Greenshell™ Mussels with Garlic Butter





# New Zealand Greenshell™ Mussels with Garlic Butter

Serves 2

## Ingredients

12	New Zealand Greenshell™ Mussels - half shell
150gms (5.3oz)	Butter (softened but not melted)
1 medium	Fresh Garlic Clove (minced)
1 teaspoon	Fresh Italian Parsley (finely chopped)
To season	Flaky Sea Salt & Cracked Black Pepper

## Method

- In a suitable mixing bowl mix the butter, garlic & parsley.
- Pre heat the oven to a medium heat (approx 160°C / 320°F).
- Set the half shell mussels on to a suitable baking tray with sides (to stop any juice from spilling). With a teaspoon evenly distribute the butter mixture on top of all the mussels.
- Place into the oven & allow to bake for approx 5-7 minutes, or until all the mussels are evenly hot.
- Remove from the tray on to a suitable service plate or tray, any juices from the mussels can be used to baste the mussels prior to service.
- Garnish with fresh Italian parsley & serve with lemon wedges to squeeze over the top.

# New Zealand Greenshell™ Mussels with Rich Tomato Sauce





# New Zealand Greenshell™ Mussels with Rich Tomato Sauce

Serves 4

## Ingredients

24 New Zealand Greenshell™  
Mussels - half shell

**Rich Tomato Sauce** – makes approx 600ml

40mls Olive Oil

3 Garlic Cloves (finely  
chopped)

1 Onion (finely chopped)

2 x 400gm tins Roma Tomato Puree

6 Ripe Roma Tomatoes  
(chopped)

1 tablespoon Fresh Basil (roughly  
chopped, saving a small  
amount for garnish)

1/2 tablespoon Fresh Italian Parsley  
(roughly chopped)

To season Flaky Sea Salt & Cracked  
Black Pepper

## Method

- In a heavy based saucepan, sauté onions & garlic in the oil until soft & transparent. Add tomatoes & tomato puree, allowing sauce to come up to the boil, and then reduce heat to bring sauce to a simmer & allowing the sauce to reduce & become thick. To finish the sauce, season to taste & stir in the fresh herbs.
- Warm the mussels in the sauce & serve in a suitable bowl or service dish.

New Zealand Greenshell™ Mussels with Ginger Pesto topping





## New Zealand Greenshell™ Mussels with Ginger Pesto topping

Makes enough for 24 mussels

### Ingredients

24	New Zealand Greenshell™ Mussels - half shell
100gms (3.5oz)	chopped Green Onion
30gms (1oz)	chopped Coriander
30gms (1oz)	minced fresh Ginger
20gms (0.7oz)	minced fresh Garlic
1/2 tablespoon	Fish Sauce
1/2 teaspoon	minced Red Chili
1/2 cup	Vegetable Oil

### Method

- Steam the mussels until just cooked.
- For ease in eating, carefully slide a paring knife under the mussel meat to loosen the shell from the abductor muscle, placing the loose meat back onto the shell.
- Blend all topping ingredients and season with salt and pepper as needed.
- Top each mussel with a generous amount of the ginger pesto topping and serve.

# New Zealand Greenshell™ Mussel Paella





# New Zealand Greenshell™ Mussel Paella

4-6 serves

## Ingredients

100 mls	Olive oil
150gms (5.3oz)	Chorizo (good quality) – sliced into 3-4mm thick rounds
6 slices	Pancetta or Streaky Belly Bacon
1 med size	Onion - finely diced
4 cloves	Garlic - finely diced
2 ltrs	Chicken Stock (preferably organic)
12-16 threads	Saffron (good quality)
1 1/2 tsps	Smoked Paprika
500gms (17.5oz)	Paella Rice – see chefs note
500gms (17.5oz)	New Zealand Greenshell™ Mussels
10	Cherry Tomatoes - cut in half
	small bunch flat leaf parsley, leaves picked and chopped
	Salt & freshly cracked black Pepper to taste

## Method

- In a pot heat the chicken stock & infuse with the saffron.
- Bring a large frying/sauté or paella pan up to heat, add the oil to the pan & quickly add the sliced chorizo and pancetta or bacon and fry until browned and crispy (quality chorizo will always drop a reddish oil into the pan when cooked – this is a good thing as it is the combination of paprika & pork fat that has rendered out of the chorizo & adds flavor to the overall dish) add the onion and garlic and cook until soft.
- Add the smoked paprika, rice and two thirds of the infused stock and leave to cook on a medium to low heat, stirring from time to time.
- After 20 minutes the rice should be almost cooked. At this point, pour in the rest of the stock and add the mussels. Place a lid on the pan and cook for 10 minutes more.
- Finally, sprinkle with chopped parsley and 1/2 a lemon.

## Chefs Notes:

*Paella Rice* – predominantly a short grain rice is used for this dish & most food markets would sell a paella rice, however Valencia rice or Calaspara rice are considered to be the best options

*Variations* – Paella is a traditional Valencia Rice dish & has many variations; many other ingredients can be included in this dish including other seafood & chicken. It is a great shared dish & allows a rustic plating style for dinner parties



# New Zealand Greenshell™ Salt and Pepper Mussels





# New Zealand Greenshell™ Salt and Pepper Mussels

Makes 16 mussels

## Ingredients

16	New Zealand Greenshell™ Mussels
130gms (4.5oz)	Cornflour
130gms (4.5oz)	Rice Flour
1/2 tsp	Chilli Powder
1 tsp	White Peppercorns (finely ground)
1 tsp	Flakey Salt
200mls	Milk
Oil for frying	

## Method

- Mix all dry ingredients well.
- Place the mussels into the milk (this ensures the dry ingredients stick to the mussels).
- Heat the oil to 185°C in a deep fryer
- Remove the mussels from the milk & shake any excess milk then dredge the mussels through the dry ingredients (seasoning) ensuring the mussel is completely coated in the seasoning.

- Fry the mussels in small batches to maintain the heat, fry until the coating is crisp. Remove & drain on a paper towel. Keep the mussels hot until you serve.

## Pineapple Ginger Puree

Makes approx 400gms (14oz)

## Ingredients - Pineapple Ginger Puree

1	Large Fresh Ripe Pineapple – peeled/cored & finely diced
5 Tbsps	Lime juice - fresh squeezed & strained
35gms (1.2oz)	Fresh Ginger Root – peeled & finely grated
1	Onion (small) – finely diced
1	Fresh Red Chilli – mild
50gms (1.7oz)	Sugar
100mls	Water
Salt to taste	

## Method - Pineapple Ginger Puree

- In a medium saucepan place all the ingredients accept the salt, & slowly bring to a simmer.
- Continue to cook on a low heat until the pineapple becomes soft & the mixture becomes thick, stirring regularly.
- Place the mixture into a food processor or blender & puree till smooth. Season to taste & allow to cool.
- Store in a container with a lid.

## Complete the Dish

- Place the hot mussels on a serving dish with the pineapple ginger puree & garnish with lime wedges.

## Chefs Notes:

*Great as a snack or formal styled finger food, the spiced hot crispy texture of the mussels work extremely well with the soft pineapple ginger puree*

*The salt & pepper seasoning encases & seals the mussels & maintains the juiciness of the Greenshell™ Mussels.*

# New Zealand Greenshell™ Mussels in a Portuguese Stew





# New Zealand Greenshell™ Mussels in a Portuguese Stew

Serves 6

## Ingredients

60 mls	Olive Oil
1 medium	Onion - diced
4 cloves	Garlic - peeled & crushed
1 bulb	Fresh Fennel - diced
1-2	Chorizo Sausage - sliced
2 tsp	Sweet Paprika
1/2 tsp	Cayenne Pepper
2	Bay Leaves
125 mls	Dry White Wine
300 mls	Tomato Juice
300gms (10.5oz)	Fresh Ripe Tomatoes – rough chopped
150gms (5.3oz)	Sundried Tomatoes – rough chopped
200 mls	Chicken Stock
36	New Zealand Greenshell™ Mussels (Half shell)
1 tsp	Fresh Lemon Juice
6 stems	Fresh Coriander - rough chopped leaves and stem

6 stems      Fresh Italian Parsley – rough chopped leaves and stems

Salt to taste

## Method

- In large, nonreactive stockpot set over medium heat, heat olive oil. Add onions & fennel bulb, cook until soft, about 5 minutes.
- Add garlic and cook for 2 minutes. Add chorizo & cook for 5 minutes. Stir in paprika, cayenne pepper & bay leaves, cook for 1 minute.
- Pour in wine & simmer until it is reduced by half, about 2 minutes.
- Add the tomato juice, chopped tomatoes & sundried tomatoes. Stir in chicken stock. Reduce heat to low and simmer for 20 minutes.
- Add mussels, cover, and simmer for another 5 minutes. Stir in lemon juice, season with salt then add the coriander and parsley. Serve immediately in a large bowl or portion into service bowls.

## Chefs Notes:

*Excellent summer dish with the abundance of good fresh ripe tomatoes which can dominate this dish more by reducing the tomato juice & increasing the amount of fresh tomatoes you put in. However with the use of good quality tinned Roma tomatoes this dish can live up any winter table. This dish is a perfect shared or banquet styled dish which would be complimented with a warm fresh loaf of bread & good quality extra virgin olive oil.*

# New Zealand Greenshell™ Mussel Hotdog



# New Zealand Greenshell™ Mussel Hotdog



Makes 6-8 hotdogs

## Ingredients

500 gms (17.5oz) New Zealand Greenshell™ Mussel Meat (cooked) – finely chopped or minced  
2 Chorizo – quality Spanish if possible – casing peeled off & finely chopped or minced  
80 gms (2.8oz) Onion – finely diced  
1/2 clove Garlic - crushed  
80 gms (2.8oz) Fennel Bulb – finely diced  
20mls Pernod  
1 tsp Parsley – finely chopped  
2 Egg Yolks  
1 Tbsp Butter  
Thin Natural Sausage Casing  
Salt & fresh ground Black Pepper to taste

## Hotdog Batter Ingredients

1/2 cup Fine Cornmeal  
1/2 cup Sifted flour  
1 tsp Salt  
1 Egg - beaten  
1/2 tsp Pepper  
1/2 cup Milk  
2 Tbsps Butter - melted  
Garnish – chunky tomato sauce, aioli, lime, chunky potato or polenta fries

## Method

### Mussel Hotdog

- In a sauté pan melt the butter, then add onion, garlic & fennel & fry without color to soften. Add the Pernod & flambé to burn off the alcohol. Place in a mixing bowl & allow to cool.
- Add the mussel meat, chorizo, parsley & egg yolks to the onion mixture, season & mix to combine.
- Place the mussel filling into a suitable piping bag with a wide sausage-filling nozzle on it. Push the sausage casing onto the nozzle & then slowly fill the casings with the mussel filling, being careful not to create air pockets. When all the mixture is gone & the casing is full, squeeze the ends off & then tie the ends. Twist the casing to form 6-8 sausages.
- Hang the sausages in a refrigerator or chiller for 24 hours to allow the casings to dry.



## New Zealand Greenshell™ Mussel Hotdog

### Hotdog Batter

- Mix cornmeal, flour, salt and pepper in a bowl. Add milk, egg and butter. Stir until smooth.

### To Complete the Dish

- in a pot of boiling salted water, blanch the mussel sausages to precook & then allow to cool & cut to separate the individual sausages. Place a wooden stick into each mussel sausage at one end then dip each mussel sausage into batter and drain over the bowl. Deep fry in heated fat or oil for 2 to 3 minutes until golden brown, turning once. Remove from fat and allow to drain, season with salt & serve.
- Garnish (optional) – chunky tomato sauce, aioli, lime, chunky potato or polenta fries.

### Chefs Notes:

*A novel, unique way to present mussels, the flavors are all encapsulated by this cooking process & creates a fun way of eating. Could be made smaller & used as a bite sized party snack or plated with accompaniments.*

*Sausage casings should be attainable through your local butcher.*

# New Zealand Greenshell™ Mussel and King Salmon Guk (Korean Style Soup)







# New Zealand Greenshell™ Mussel and King Salmon Guk (Korean Style Soup)

Serves 4

## Ingredients

400 gms (14oz) New Zealand King Salmon fillet (skinned) - diced  
12 NZ Greenshell™ Mussels  
50 gms (1.7oz) Dried Cauliflower & Shiitake Mushrooms  
200 mls Fish Stock  
2 cups Water  
1 tsp Sesame Oil  
1/2 bunch Spinach – washed & rough chopped  
1 clove Garlic - crushed  
1 sheet Laver (roasted seaweed – Korean version of nori) – cut into strips  
salt – to taste

## Method

- Rehydrate the dried mushrooms by soaking in 200 mls boiling water for approx 30 minutes or until they are soft.
- Place a medium sauce/soup pot on the heat & lightly sauté the garlic in the sesame oil.
- Add the mushrooms including the water they were soaked, the fish stock & the water & bring to the boil.
- Finish by adding the salmon & mussels & allowing to simmer for 2-3 minutes, then add the spinach & laver. Season to taste & serve.
- Condiments can be served to the side – bean sprouts, kimchi, Kochujang

## Chefs Note:

*Guk also sometimes known as Tang is a class of soup-like dishes in Korean cuisine. Guk and tang are commonly grouped together and regarded as the same type of dish, although guk is more watery and a basic dish for the Korean table setting, and is usually eaten at home. On the other hand, tang has less water than guk and has been developed for sale in restaurants. This recipe combines 2 of New Zealand's iconic seafood's in this traditional dish.*

New Zealand Greenshell™ Mussel and King Salmon Haemultong  
(Korean Spicy Hot Seafood Stew)





# New Zealand Greenshell™ Mussel and King Salmon Haemultong (Korean Spicy Hot Seafood Stew)

Serves 4

## Ingredients

400gms (14oz)	New Zealand King Salmon Fillet (skinned) – diced into cubes
12	NZ Greenshell™ Mussels
4	Pak Choi (small)
1/2 cup	Daikon Radish, thin sliced
1	Red Chillies (medium heat) – finely sliced
3	Spring Onions – sliced
4-5 stalks	Minari (Korean parsley)- rough chopped
6 tbsp	Kochujang (red chilli pepper paste)
1 tbsp	Soy Sauce
2 tbsp	Kochukaru (red chilli pepper powder)
3 tbsp	Garlic
6 cups	Fish Stock
3-4	Suk-gat (crown daisy) – rough chopped
	Cauliflower & Woodear Mushroom – optional
	Salt to taste

## Method

- Place the fish stock onto a large soup pot & place on the heat.
- Add kochujang, kochukaru and soy sauce. Bring to a boil.
- Add radish, squash, garlic, chillies & mushrooms, keep cooking on a medium heat for 3-4 minutes.
- Add Salmon and Mussels.
- Heat until fish is completely cooked and add salt to taste.
- Add green onions and parsley.
- Cook for another 1-2 minute and add crown daisy.
- Serve hot with white rice.

## Chefs Notes:

*Haemultang or spicy seafood stew is one of Korea's most famous traditional foods.*

*The most important characteristic of good Haemultang is its fresh ingredients. The soup can contain various vegetables such as peppers, mushrooms, onions, bean sprouts, dropwort, leaks, crown daisies and much more, supplementing to its spicy, refreshing deep taste. Its combination gives it a rich flavor and an amazing taste that's also excellent for your health. It's definitely known as one of the best savory dish that will surprise your taste buds.*

*This recipe combines 2 of New Zealand's iconic seafood's in this traditional dish.*

# New Zealand Greenshell™ Mussel Bibimbap with Salmon





# New Zealand Greenshell™ Mussel Bibimbap with Salmon

Serves 4

## Ingredients

400gms (14oz)	New Zealand King Salmon fillet (skinned) - diced
12	NZ Greenshell™ Mussels – steamed
1 1/2 cups	Medium Grain Korean Rice
100gms (3.5oz)	Shiitake Mushrooms – thinly sliced
1	Red Pepper (Capsicum) - cut into fine strips (julienned)
2 small	Zucchini – cut into ribbons
1 cup	Bean Sprouts
1 clove	Garlic - crushed
2 tsp	Sesame Oil
3 Tbsps	Soy Sauce
1	Egg
salt	

## Condiments

Kochujang

Kosari (Fernbrake) - soaked & cooked

Kimchi

## Method

- In a large mixing bowl place the bean sprouts & zucchini, place 2 tps of salt in the bowl & just cover the vegetables with cold water. Allow to brine for 5 minutes & then strain & rinse.
- In a hot oven heat a large Korean clay pot or earthenware serving dish.
- Cook the rice in a rice cooker or stainless steel pot, keep hot.
- Sauté the shiitake mushrooms & garlic in a little vegetable oil, finish by adding the soy sauce.
- Remove the Korean clay pot or earthenware serving dish from the oven & add the sesame oil to the bottom & swirl around to coat the bottom & sides. Then place the hot rice in the bottom of the dish.
- On top of the rice add the sprouts, zucchini, shiitake mushrooms, red pepper, salmon & mussels.
- Finally crack the egg in the middle of the dish & serve with condiments

## Chefs Notes:

*Bibimbap is a signature Korean dish. The word literally means "mixed meal" or "mixed rice". Bibimbap is served as a bowl of warm white rice topped with namul (sautéed and seasoned vegetables) and Kochujang (chilli pepper paste). A raw or fried egg and sliced meat (usually beef) are common additions. The ingredients are stirred together thoroughly just before eating. It can be served either cold or hot.*

*In Korea, Jeonju, Jinju, and Tongyeong are especially famous for their versions of bibimbap. It is listed at number 40 on the World's 50 most delicious foods readers' poll compiled by CNN Go in 2011.*

*This recipe combines 2 of New Zealand's iconic seafood's in this traditional dish.*

# New Zealand Greenshell™ Mussel Korean Style Soup (Guksu-jangguk)





# New Zealand Greenshell™ Mussel Korean Style Soup (Guksu-jangguk)

4 portions

## Ingredients

12	New Zealand Greenshell™ Mussels
500 mls	Water or Fish Stock
2 stalks	Spring Onion – cut into fine ribbons
1	Red Chilli - diced
1/2 pkt	Soba Noodles – cooked as per instructions
6	Shiitake Mushrooms - sliced
Salt & Pepper to taste	
Garnish: Kimchi, fine strips of carrot & radish, Korean chilli paste, light soy sauce	

## Method

- In a medium soup pot add the water/stock & bring to the boil, add the mussels & allow to cook open then remove the mussels from the pot & take the meat from the shell & set aside (any unopened mussel discard as they may be dead & spoiled). Add the shiitake, spring onion & chilli & allow to simmer for 3-4 minutes. Season to taste & add the cooked noodles.
- To Complete the Dish – set out 4 soup bowls, portion the mussels across the bowls, 3 each & then portion out the noodles evenly into each bowl. Ladle out the hot soup over the mussels & noodles ensuring to evenly distribute the vegetables. Serve with garnishes to the side.

## Chefs Notes:

*This is a very simple dish based on a traditional Korean soup. It has a very plain flavor profile that simply focuses on the main ingredient, which in this case is meaty NZ Greenshell Mussels. Korean chilli paste can be added for extra spice when eating this soup.*

New Zealand Greenshell™ Mussels in Pajeon (Korean Spring Onion Pancake)







# New Zealand Greenshell™ Mussels in Pajeon (Korean Spring Onion Pancake)

1 large pancake

## Ingredients

125gms (4.4oz) Flour – sifted

1 large egg

60 mls Cold Water

2-3 tbs Kimchi Juice

2 stalks Spring Onion (Scallion) - cut into small rounds

1/2 tsp Salt

Canola Oil - for pan-frying

## Garnish

150 gms (5oz) New Zealand King Salmon – diced

8 cooked New Zealand Greenshell™ Mussels (4 of the mussels rough chopped)

Kimchi

Fresh Coriander - optional

## Dipping Sauce Ingredients

2 Tbsps Korean Soy Sauce

1/2 tsp Rice Vinegar

1/2 tsp Sugar

1 clove Garlic - finely minced

Pinch of Red Chilli Flakes

## Method

- **Pancake Batter** - Mix the flour, egg, water, kimchi juice, spring onion & salt in a bowl; stir to form a batter. Allow the mixture to rest for 20 minutes.

- **Dipping Sauce** – in a mixing bowl add soy sauce, rice vinegar, sugar, chilli & garlic. Mix well & allow to steep for 1 hour.

- **Cooking Pancakes** - Preheat an oven to 180°C. Heat up a pan and coat with some oil. Ladle the batter onto the pan & add 1/2 the salmon and the chopped greenshell mussels. Pan-fry for a couple of minutes until the bottom surface turns slightly brown, flip it over & then place the remaining salmon and mussels on top of the pancake & bake in the oven until the pancake is just cooked (no liquid movement) & the salmon/mussels are hot. Garnish with kimchi (& coriander) on top

or to the side. Plate & serve with the dipping sauce.

## Chefs Notes:

*Pajeon is a Korean pancake with spring onion (scallion), this version offers the opportunity to add NZ King Salmon and Greenshell Mussels. Traditional Korean flavors coupled with iconic New Zealand seafood matches extremely well.*

# New Zealand Greenshell™ Mussels Tempura





# New Zealand Greenshell™ Mussels Tempura

Makes enough for 24 mussels

## Ingredients

24	New Zealand Greenshell™ Mussels - half shell
3 tablespoons	minced fresh Ginger
2 tablespoons	minced Garlic
2 tablespoons	Fish Sauce
2 tablespoons	Tom Yum paste
3 tablespoons	finely minced Spring Onions
3 tablespoons	finely chopped fresh Coriander
1	Lime (juice and zest)
3 cups	Tempura Flour
	Ice cold water

## Method

- Trim the mussels by removing any fibrous tissue from inside the mussel cavity.
- In a bowl, mix the fish sauce and lime juice with the garlic, ginger, coriander, spring onions and tom yum paste. Add the mussels and turn to coat. Marinate for an hour or so.
- Now make the tempura batter. In a bowl, place two cups of the tempura flour and add enough iced water to make a thin batter. Do not over mix - a few lumps are ok.
- Heat a fryer or a pan of vegetable oil. Quickly toss the mussels in the remaining one cup of tempura flour to coat, and then mix into the tempura batter.
- Quickly fry and then place on a paper towel to drain.
- Serve with sesame aioli and lime.

## Sesame Aioli

### Ingredients:

250gms (9oz)	well cooked Potato (allow to cool before use)
3	Egg yolks
3 tablespoons	Lemon juice
2 teaspoons	minced Garlic
1/2 teaspoon	finely minced Red Chili
1 tablespoon	minced Ginger
3 tablespoons	Soy (light)
2 tablespoons	Sesame Oil
250 mls	Vegetable Oil
	Salt, pepper as needed

### Method:

- In a mixer put in the potato and mash well. Add the lemon juice, garlic, ginger, chili and egg yolk and mix well.

*Note: Use a mixer for this, not a food processor as this will make the potato go tough and gluey.*

# New Zealand Greenshell™ Mussels with Asian Salsa





## New Zealand Greenshell™ Mussels with Asian Salsa

Makes enough for 24 mussels

### Ingredients

24	New Zealand Greenshell™ Mussels - half shell
100gms (3.5oz)	finely diced Cherry Tomatoes
1 tablespoon	finely minced Garlic
1 tablespoon	finely minced Ginger
1 piece	finely minced Chili
1/2 tablespoon	Sesame Oil
1/2 tablespoon	Fish Sauce
	Juice and zest of a Lime
2 tablespoons	fresh chopped Coriander
2 tablespoons	chopped Green Onion
6	Water Chestnuts, peeled and diced

### Method

- Steam the mussels until just cooked, set aside and allow to cool.
- For ease in eating, carefully slide a paring knife under the mussel meat to loosen the shell from the abductor muscle, placing the loose meat back onto the shell.
- Mix all salsa ingredients together and spoon onto cold mussels.
- Garnish with ground black sesame seeds.

# New Zealand Greenshell™ Thai Mussel Stew





# New Zealand Greenshell™ Thai Mussel Stew

Makes enough for 24 mussels

## Ingredients

24	New Zealand Greenshell™ Mussels - half shell
2 cups	diced Pineapple
12	Cherry Tomatoes
1 cup	rough chopped Spring Onions
1/2 cup	Tom Yum paste
3 cups	Coconut Cream Cilantro sprigs Lime wedges

## Method

- Remove any fibrous tissue from inside the mussels.
- In a pot, whisk the tom yum with the coconut cream and heat. Whisk well to combine.
- Add the mussels and simmer to warm.
- Add the tomatoes, spring onions and pineapple and heat through.
- To serve, divide between four bowls and garnish with cilantro leaves and a lime wedge.

# New Zealand Greenshell™ Mussels with Wasabi Aioli & Hijiki







# New Zealand Greenshell™ Mussels with Wasabi Aioli & Hijiki

## Ingredients

### Wasabi Aioli

Yield:	1 Cup/8 oz./240 ml/16 Servings
2 tsps	Wasabi Paste
2 Tbsps	Rice Wine Vinegar
1 Cup	Japanese Mayonnaise
To taste	Sea Salt
To taste	White pepper

### Roasted Peanut Vinaigrette

Yield:	1 Cup/230 ml
1/8 Cup	Ginger peeled and minced
1/3 Cup	Rice Vinegar
2 tsps	Peanut Butter, smooth
2/3 Cup	Roasted Peanut Oil
To taste	Sea Salt

### Hijiki Salad

1 Cup	Hijiki
1 Tbsp	Roasted Peanut Vinaigrette

## Additional ingredients required for assembly

6 each	New Zealand Greenshell™ Mussels, cooked
6 tsps	Sweet Soy

## Method

### Wasabi Aioli

- Combine wasabi paste and rice wine vinegar in bowl.
- Whisk until smooth.
- Whisk in Japanese mayonnaise
- Season to taste and reserve.

### Roasted Peanut Vinaigrette

- Combine ingredients in bowl.
- Whisk until smooth and reserve.

### Hijiki Salad

- Place Hijiki in a bowl.
- Add the Roasted Peanut Vinaigrette and toss.
- Cover with plastic wrap and reserve in refrigerator.

## To Serve

### Assembly

Yield:	1 Serving
6 each	New Zealand Greenshell™ Mussels, cooked
6 Tbsps	Hijiki Salad
6 Tbsps	Wasabi Aioli
6 tsps	Sweet Soy

- Separate mussels from half shell using a sharp knife.
- Put Hijiki Salad in shells.
- Put mussels back in shells.
- Arrange on plates.
- Spoon Wasabi Aioli on each mussel.
- Dot tops of mussels with sweet soy.
- Serve immediately.

Recipe Photography:  
Patrick McDonnell Photography  
[www.patrickmcdonnellphotography.com](http://www.patrickmcdonnellphotography.com)

# New Zealand Greenshell™ Mussels in a Coconut Curry Sauce





# New Zealand Greenshell™ Mussels in a Coconut Curry Sauce

4 portions

## Ingredients

40 NZ Greenshell™ Mussels (Frozen 1/2 shell) – defrost in a container & reserve any juice that comes from defrosting for the sauce.

2 Tbsps Madras Curry – see recipe

300 mls Coconut Cream

1 Lime - juice

Garnish – Fresh Coriander, Red (mild) Chillis – thinly sliced

## Madras Curry Paste Ingredients

2 Tbsps Butter

100gms (3.5oz) Shallots – finely diced

2 cloves Garlic – finely diced

1 Tbsp Fresh Ginger – grated

200gms (7oz) Tomato Puree

## Spices

1/2 tsp Ground Cumin

1/2 tsp Ground Coriander

1/2 tsp Ground Caraway

1/2 tsp Black Pepper

1/2 tsp Chilli Powder (to your own taste)

1 tsp Turmeric Powder

1/2 tsp Ground Fenugreek Seeds

2 tsp Garam Masala

1/2 tsp Salt

## Method

- Madras Curry Paste - In a non-stick fry pan over a medium heat melt the butter & slowly cook the shallots, garlic & ginger without color. This should take a few minutes, reduce the heat to low then add all the spices & continue to slowly cook for another 4-5 minutes constantly stirring. Add the tomato puree & allow to slowly reduce to 1/2 the volume. Remove from the heat & allow to cool. Store in a sealed container (glass is best).
- To Complete the Dish – place a large fry pan/pot with a lid (whatever your choice of cooking utensil it will need to take 40 mussels) on a medium high heat & place

the 2 Tbsps of madras curry paste in the pan with the coconut cream & bring to a simmer. Place the mussels into the pot with the reserved mussel juice & place the lid on the fry pan/pot. Bring the sauce up to a boil & allow to cook with the lid on for 1 minute. Carefully remove the lid & portion 10 mussels per plate. Taste & season the sauce as required then evenly distribute the sauce across all the plates. Squeeze lime juice over the mussels & garnish with coriander & sliced chilli. Option - serve with a side of sweet potato fries.

## Chefs Notes:

*You can obviously purchase a store brought curry but making your own allows you to adjust the spices to suit your own taste & has a certain amount of satisfaction & achievement. This dish could also be served in a larger bowl & served as a shared dish. Sweet potato fries offer a sweet textural side dish that complements the flavors. For best results purchase whole spices & grind them as required to maintain flavor integrity.*

# New Zealand Greenshell™ Mussel Wraps with Vietnamese Peanut Sauce





# New Zealand Greenshell™ Mussel Wraps with Vietnamese Peanut Sauce

Serves 4 (2 portions each with or without rice paper)

## Ingredients - wraps

8	New Zealand Greenshell Mussels - steamed cooked & chilled
1	Carrot – peeled & cut into fine thin strips (julienne)
1/2	Cucumber – peeled, seeded & cut into fine thin strips (julienne)
1/2	Red Capsicum - cut into fine thin strips (julienne)
12	Chive stems – cut into 5cm lengths
8	Lettuce – small tender leaves that are cup shaped (Gem or baby Cos lettuce)
10	Mint Leaves – rough chopped
8	Rice Paper (round sheets)

## Method

### Mussel Lettuce Wraps

- The lettuce wraps work well when you have selected small tender leaves that form

a cup shape & can easily be picked up & rolled in your hands as you eat. The size should be approximately 3 bites maximum.

- In a bowl mix the carrot, cucumber, red capsicum, chives & mint.
- Place the 8 lettuce leaves/cups out on a serving tray.
- Portion evenly the carrot, cucumber, red capsicum, chives & mint across the 8 lettuce leaves/cups, then place the mussels on top of the vegetables.
- Serve with the Vietnamese Peanut Sauce (see recipe).

### Mussel Lettuce Rice Paper Wrap

- Follow the same method as lettuce wraps (as above), this will take you to the point where they can be rolled in rice paper.
- To prepare the rice paper for rolling ensure you have a bowl or container that will fit the rice paper sheets in laying flat & make sure it is 1/2 filled with room temperature water.

- Soak 1 or 2 rice paper sheets at a time allowing to soak completely covered for 1-2 minutes or until they become soft & pliable. Remove from the water & blot dry with a clean dry tea towel, then lay the rice paper on a dry flat surface ready to roll.
- Take the mussel lettuce wrap & roll it up tighter so the lettuce completely wraps the other ingredients, then lay the lettuce wrap on the bottom edge of the rice paper (assuming you are standing in front of it this would be the edge closest to you). Begin to tightly roll the rice paper forward over the lettuce until it is completely covered with rice paper & then fold the left & right ends in to envelope the roll. Continue to finish the roll maintaining a tight firm roll. Repeat the process with the remaining rice paper sheets & filling ingredients. As you make each roll, soak 1-2 rice paper sheets to save time waiting for them to hydrate.
- To serve you can leave the rolls whole or cut into bite size pieces serve with the



## New Zealand Greenshell™ Mussel Wraps with Vietnamese Peanut Sauce

Vietnamese Peanut Sauce (see recipe).

**Ingredients** Vietnamese Peanut Sauce  
(Nuoc cham dau phong)

Makes 350 gms (12oz)

**Ingredients** Peanut sauce

2 Tbsp	Vegetable Oil
1 large	Garlic clove – peeled & finely chopped
120 gms (4oz)	Dry-roasted Peanuts – unsalted & roughly chopped
230 mls	Chicken Stock
230 mls	Unsweetened Coconut Milk
50 mls	Tamarind Concentrate
2 Tbsps	Fish Sauce
50 mls	Hoisin Sauce
3 Tbsps	Palm Sugar or Standard Sugar
2	Fresh Red Chillies – deseeded & finely chopped.

### Method

- Heat the oil in a small to medium size saucepan over a high heat, add the garlic & sauté until it starts to color.
- Add the peanuts & reduce the heat to low, slowly cook the peanuts until they become a shade darker (this helps to release the natural oils).
- Add the stock, coconut milk, tamarind concentrate, fish sauce, hoisin sauce, sugar & chillies, increase the heat & bring the sauce to a boil then allow to simmer for approximately 30 minutes or until reduced by half. Remove from heat & allow to cool.

### Chefs Notes:

*This recipe couples a classic Vietnamese dish with an iconic New Zealand seafood, creating a healthy, fresh & nutritious snack or meal. The flavor profile of mussel works very well with peanuts & the overall texture variation of this dish makes for a pleasurable eating experience.*

# New Zealand Greenshell™ Mussel Cakes





# New Zealand Greenshell™ Mussel Cakes

Makes 20 canapés

## Ingredients

500gms (17.5oz)	New Zealand Greenshell™ Mussels - half shell (Meat diced - shells retained for serving)
2 tablespoons	Olive oil
2 stalks	Celery stalks, very finely chopped
2/3 cup	Onion, finely chopped
2 2/3 cups	Dry white Bread Crumbs
1/4 cup	fresh Chives - chopped
2 tablespoons	fresh Parsley - chopped
6 tablespoons	All-purpose Flour
3	Eggs
1/2 cup	Mayonnaise

## Method

- Heat 2 tablespoons olive oil in a heavy large skillet over medium heat. Add celery and onion, sauté until tender, about 5 minutes.
- Transfer to large bowl. Stir in mussels, 2/3 cup breadcrumbs, chopped chives, parsley and mayonnaise.
- Season mixture to taste with salt and pepper. Mix very gently so not to crush all the mussels.
- Using around 1/3 cup mixture for each cake, form into twelve 2 1/2 inch diameter cakes. Arrange cakes on baking sheet. Chill for at least one hour.

*Chef's Note: The mussel cakes (up to this point) and the mayonnaise can all be made one day ahead of when required.*

- Place flour in small bowl. Whisk eggs to blend in another small bowl. Place remaining 2 cups bread crumbs in medium bowl. Coat each cake with flour. Dip into beaten egg, then into breadcrumbs, coating completely.
- Heat 1 tablespoon vegetable oil in large skillet over medium heat.  
*Chefs Note: Be sure the oil and skillet are hot when you add the mussel cakes or food may stick. Avoid the temptation to flip too soon, before they have a chance to set somewhat and obtain some structure.*
- Add cakes in batches, cook until golden brown and heated through, adding more oil as necessary, about 5 minutes per side.
- Serve the mussel cakes with a flavored mayonnaise of your choice.



New Zealand Greenshell™ Mussel lettuce parcels with Thai style dressing





# New Zealand Greenshell™ Mussel lettuce parcels with Thai style dressing

Makes approx 15 canapés

## Ingredients

15	New Zealand Greenshell™ Mussels - half shell
50gms (1.7oz)	Carrot - julienne
50gms (1.7oz)	Mung Bean Sprouts
50gms (1.7oz)	Red Capsicum - julienne
20gms (0.7oz)	Peanuts - rough chopped
20gms (0.7oz)	Spring Onions - julienne
15gms (0.5oz)	Dried Banana Chips - rough chopped
15	Young Small Lettuce Leaves (small boat shape)

## Dressing

1/2	Red Chilli (medium heat) chopped
1/2	Garlic Clove - chopped
1 teaspoon	Fresh Ginger - fine grated
5	Fresh Coriander Leaves & Stem
20mls	Light Soy Sauce

20gms (0.7oz)	Palm Sugar (if unavailable use brown sugar)
1 teaspoon	Nam Pla (Thai Fish Sauce)
1	Lime - juice only

## Method - Dressing

- Mix chilli, garlic, ginger and coriander and using a mortar and pestle or blender, crush until you have a rough paste. (Alternatively, chop all as finely as possible.)
- Add sugar in small amounts until dissolved.
- Add fish sauce and lime juice to taste.

## Method

- Steam the mussels until just cooked, set aside and allow to cool.
- Mix all other ingredients except the lettuce and mussels in a bowl.
- Place the mixture into individual lettuce leaves so that the lettuce cradles the mixture making it easy to pick up as a wrap. The mussel shell can also act as a natural cradle to support the mussel lettuce parcel.
- Place the whole mussel on top and lightly dress with the dressing.

# New Zealand Greenshell™ Mussel Yakitori





# New Zealand Greenshell™ Mussel Yakitori

Makes 12 canapés

## Ingredients

12	New Zealand Greenshell™ Mussels- half shell
2	Nori sheets
12	Bamboo skewers (soaked in water to prevent burning)

## Tare/Yakitori Glaze

1 tablespoon	Sugar
2 tablespoons	Sake
3 tablespoons	Mirin
3 tablespoons	Soy Sauce

## Tare/Yakitori Glaze

- Combine all ingredients until sugar is dissolved.
- Use a basting brush to glaze the mussels.

## Method

- Remove the mussels from the shell.
- Cut 12 strips of nori (big enough to wrap around the mussel twice).
- Wrap the bottom half of the mussel with the nori & then skewer with the pre-soaked bamboo sticks.
- Grill the mussels over a grill/BBQ/Yakitori grill or hot coals, basting them lightly with the Tare/Yakitori Glaze. Turn them regularly to prevent them burning. They will only take approx 1-2 minutes to cook through depending on the heat of the grill.
- When cooked place the mussels on a suitable serving dish & baste them one more time before serving.
- Serve with a dipping bowl of the remaining Tare/Yakitori Glaze & some lemon wedges.

# New Zealand Greenshell™ Mussel 'Mac & Cheese'





## New Zealand Greenshell™ Mussel ‘Mac & Cheese’

Makes 40 individual Mussel Canapés

### Ingredients

100gms	New Zealand Greenshell™ Mussel Meat
40	additional Greenshell™ Mussels in half shell to serve
1 stick	Celery
1	Carrot, diced
1 small	Red onion, diced
100mls	Heavy Cream
200gms (7oz)	uncooked elbow Macaroni
	Water to boil
to taste	Salt
30gms (1oz)	Parmesan, grated
30gms (1oz)	Breadcrumbs (plain dry)

### Method

- Heat a large pot of water until it reaches a rolling boil. Add enough salt to make the water taste of the sea. Add macaroni elbows and cook for 6 minutes or until tender. Drain water from pot and reserve pasta.
- In a separate pot, heat cream. Add finely diced onion, celery and carrot. Cook for a further 4 minutes until the vegetables have imparted their flavor. Add cheese and reduce heat to a gentle simmer. Add cooked macaroni elbows, remove from heat and add the mussel meat. Allow the mix to cool.
- Stuff the cooled mixture into additional mussels or serve the macaroni mix in reserved mussel shells. Sprinkle with parmesan and breadcrumbs and heat under a hot grill for 1-2 minutes before serving.

New Zealand Greenshell™ Mussels with Macadamia, Chive & Citrus Kelp Crust





# New Zealand Greenshell™ Mussels with Macadamia, Chive & Citrus Kelp Crust

Serves 4

## Ingredients

12	New Zealand Greenshell™ Mussels - half shell
250gms (9oz)	Macadamia nuts (sliced & toasted)
10gms (0.4oz)	Lemon kelp seasoning or substitute with a quality lemon pepper & wakame
1	Orange zest (fine) from a single orange
6	Chive spears (finely cut)
150gms (5oz)	Butter (softened)

## Method

- Combine macadamia nuts, lemon kelp seasoning, orange zest and chives in a bowl & mix well, add butter & mix to combine.
- Loosen the mussel meat from the shell for ease of service. Top the mussel with the crust, evenly covering the mussel meat.
- Toast the crusted mussels under a hot grill (or bake in a hot oven) until the crust is toasted & the mussel is hot (1-2 minutes). Serve hot on a plate or platter (optional garnish - lemon wedges).



# New Zealand Greenshell™ Mussel chowder on the half shell





# New Zealand Greenshell™ Mussel chowder on the half shell

Makes enough for 30 portions

## Ingredients

50	New Zealand Greenshell™ Mussels - half shell (meat diced, shells reserved)
250mls	Chicken stock
1 small	Green Pepper, diced
1 small	Red Pepper, diced
1 small	Onion, diced
1 stick	Celery, diced
2 large	Potatoes, small cubed
1/4 cups	Flour
1/4 teaspoon	Mace, ground
1/2 teaspoon	White pepper
Pinch	Nutmeg
150mls	Heavy Cream
150mls	Full Cream Milk
1 tablespoon	Sherry

## Method

- In a large soup pan, add 200ml of chicken broth, red pepper, green pepper, onion, celery and potatoes; then simmer until potatoes are slightly soft.
- In the remaining 50ml of chicken stock, mix in the flour and add it to the potato mixture. Add the corn, mace, white pepper and nutmeg. On a low heat, slowly stir in the heavy cream, full cream milk, sherry and mussels. Allow to simmer for 15 minutes. Finish the chowder with chopped chives.
- Steam the half shell mussels until just cooked.
- Loosen the mussel meat from the shell, setting aside the meat for the moment.
- Fill each shell with the chowder mixture.
- Add mussel meat back to shell on top of chowder and garnish.

# NZ Greenshell™ Mussels with Apple, Radish & Split Pea Salad





# New Zealand Greenshell™ Mussels with Apple, Radish & Split Pea Salad

Serves 4

## Ingredients

12	New Zealand Greenshell™ Mussels - half shell
1	Green apple (fine julienne)
4	large Red Radishes (fine julienne)
100gms (3.5oz)	Yellow Split Peas
1	Lemon (juice only)
1	small bunch Micro watercress (or watercress finely chopped)
1 tablespoon	Avocado oil
to taste	Salt & ground white pepper

## Method

- Wash & soak yellow split peas for approx two hours, rinse & dry slightly then deep or shallow fry in oil. Allow to drain on an absorbent paper towel & season with salt & pepper.
- Loosen the mussel meat from the shell for ease of service.
- In a mixing bowl toss the apple with the lemon juice then add the radish & watercress, dress with avocado oil. Season to taste then add the fried yellow split peas.
- Dress the top of the mussels with the salad.
- Serve cold on a plate or platter – optional accompaniment is ponzu sauce or sweet miso dressing.

NZ Greenshell™ Mussels with chilled leek, potato & saffron soup





# New Zealand Greenshell™ Mussels with chilled leek, potato and saffron soup

Makes enough for 20 portions

## Ingredients

20	New Zealand Greenshell™ Mussels - half shell
3 sheets	Nori paper (cut into strips)
1	Tomato (blanched, peeled & finely diced)
4	Chive spears (finely cut)
20	Bamboo cocktail forks
20	Shot glasses

## Ingredients - Soup

10gms (3oz)	Onion (sliced)
40gms (1.5oz)	Leek (white part – chopped)
15gms (1/2oz)	Butter
500mls	Vegetable stock
200gms (7oz)	Potatoes (peeled & sliced)
6	threads Saffron
125mls	Cream
to taste	Salt & Pepper

## Method

- Sweat onions & leek in butter; add the stock, potatoes & saffron. Simmer for 30-40 minutes until ingredients are soft.
- Blend soup in a liquidizer & pass through a fine strainer. Return to a clean pot & reboil, season, remove from the heat & stir in the cream. Correct the consistency, flavor and then chill.

## To Serve

- Individually wrap the mussels with the nori strip, then insert the bamboo fork lengthways through the mussel meat.
- Mix the diced tomato with the cut chives.
- Three quarter fill the shot glasses with the leek potato & saffron soup. Drop a small amount of the tomato garnish on top of the soup.
- Rest a mussel on top of each glass and top with a small amount of tomato garnish.

# New Zealand Greenshell™ Mussels Brown Butter Pizzetta





# New Zealand Greenshell™ Mussels Brown Butter Pizzetta

## Ingredients

### Grilled Flatbread

Yield: 1 - 8" x 4" Flatbread crust  
 1 1/2 oz Pizza dough - frozen generic,  
 (45grams) thawed

### Cipolini Onion Confit

Yield: 4 Cups/32 oz./950 ml.  
 1/4 Cup Unsalted Butter  
 3 Tbsp Granulated Sugar  
 1 1/2 tsp Lite Soy Sauce  
 1 Tbsp Apple Cider Vinegar  
 4 Cups Cipolini Onions, blanched and  
 peeled  
 1 tsp White Pepper, freshly ground

### Walnut and Mustard Vinaigrette

Yield: 2 1/2 Cups/20 oz./590 ml.  
 1/2 Cup Sherry Vinegar  
 2 Tbsps Granulated Brown Sugar  
 2 tsps Dijon Mustard  
 4 tsp Shallots, freshly peeled and  
 minced

1 Cup Canola Oil  
 1/2 Cup Walnut Oil  
 To Taste Sea Salt  
 To Taste White Pepper

### Saffron Aioli

Yield: 1 1/4 Cup/10 oz./295 ml  
 2 Tbsps Hot Water  
 1/4 tsp Saffron powder  
 2 tsps Garlic, freshly peeled and  
 finely minced  
 2 tsps Fresh Lemon Juice  
 1 Cup Mayonnaise  
 To Taste Sea Salt  
 To Taste White Pepper

### Brown Butter Mussels

Yield: 1 Serving  
 1 1/2 Tbsps Unsalted Butter  
 6 each New Zealand Greenshell™  
 Mussels  
 To Taste Sea Salt  
 To Taste Fresh Lemon Juice

## Additional ingredients required for assembly

1 Cup Rocket leaves

## Method

### Grilled Flatbread

- Lay room temperature dough on cutting board.
- Dust surface lightly with all purpose flour.
- Turn over and roll in one direction to make an elongated oval 8" by 4".
- Transfer to sheet pan lined with paper.
- Cover with plastic wrap.
- Refrigerate 30 minutes to allow elasticity to relax so dough wont shrink when grilled.
- Grill dough on either side to mark.
- Transfer to sheet pan lined with paper.
- Cover with plastic wrap.
- Reserve in refrigerator until needed





# New Zealand Greenshell™ Mussels

## Brown Butter Pizzetta

### Cipolini Onion Confit

- Combine butter and sugar in saucepan over medium heat.
- Add onions and caramelize.
- Reduce heat, add soy and vinegar; cover and simmer until sugar is syrupy and onions are soft.
- Transfer to food processor and pulse until chunky.
- Season with pepper and stir well.
- Cool.
- Transfer confit to clean container.
- Cover container with plastic wrap.
- Hold under constant refrigeration.

### Walnut and Mustard Vinaigrette

- Place all ingredients into a blender except oil and salt and pepper.
- Puree until smooth.
- Add oils slowly with blender on low.
- Season to taste.

- Using funnel transfer vinaigrette to plastic squeeze bottles.
- Hold under constant refrigeration.

*Chefs Note - Let Vinaigrette reach room temperature just before service so oil loosens to pourable consistency.*

### Saffron Aioli

- Combine saffron and water and let steep until water turns brilliant orange.
- Combine garlic, lemon juice and mayonnaise in processor bowl and pulse until smooth.
- Add saffron and pulse until color is uniform.
- Season to taste.
- Using funnel transfer aioli to plastic squeeze bottles.
- Hold under constant refrigeration.

### Brown Butter Mussels

- Heat cast iron skillet until very hot.
- Add butter and cook until foaming and turning gold.

- Add mussels and toss to coat about 30 seconds - the butter should be nutty brown - if you overcook it will have black spots.
- Remove from heat.
- Season with sea salt and lemon juice
- Hold in the butter.

*Chefs Note: Mussels should be cooked immediately before serving each Pizzetta. Do not overcook butter!*



## New Zealand Greenshell™ Mussels Brown Butter Pizzetta

To serve

### Assembly

Yield: 1 Serving

1 each Grilled Flatbread

1 1/2 Tbsps Cipolini Onion Confit

1 Cup Rocket leaves

1 1/2 Tbsps Walnut and Mustard  
Vinaigrette

To Taste Black Pepper, freshly ground

2 Tbsps Saffron Aioli

6 each Brown Butter Mussels, hot

- Heat Grilled Flatbread in 400°F/200°C oven for 2 minutes.
- Lay flatbread on cutting board.
- Brush surface with Cipolini Onion Confit.
- Transfer flatbread to plate.
- Place Rocket in Bowl and add Walnut and Mustard Vinaigrette.
- Season with black pepper and toss.
- Lay rocket on flatbread.
- Drain mussels on paper towel.
- Arrange mussels on flatbread.
- Drizzle with Saffron Aioli.
- Serve immediately.

Recipe Photography:  
Patrick McDonnell Photography  
[www.patrickmcdonnellphotography.com](http://www.patrickmcdonnellphotography.com)

# New Zealand Greenshell™ Mussels Catalan





# New Zealand Greenshell™ Mussels Catalan

## Ingredients

### Lemon Infused Spanish Olive Oil

Yield: 1 1/2 Cups/12 oz./350 ml  
 1 Cup Spanish Olive Oil  
 1/2 Cup Extra Virgin Olive  
 1/2 Cup Fresh Lemon Zest  
 4 Each Lemon Quarters

### Fennel Sauté

Yield: 1 Cup/8 oz./240 ml  
 1 Tbsp Shallots, peeled and minced  
 1 tsp Garlic, peeled and minced  
 1 Cup Fennel, shaved  
 1 tsp Pernod  
 1 Tbsp Parsley  
 To Taste Sea Salt  
 To Taste White Pepper

### Romesco Base

Yield: 1 Cup/8 oz./240 ml  
 1 1/2 Cups Roasted Bell Peppers,  
 stemmed, seeded, peeled

1 tsp Anchovies  
 1 Tbsp Sherry Vinegar  
 2 tsps Sriracha or Spanish Hot  
 Sauce  
 1 tsp Dijon Mustard  
 1/2 Cup Fresh Basil  
 2/3 Cup Almonds, peeled  
 2 tsps Sea Salt  
 1/2 tsp Black Pepper

### Romesco Aioli

Yield: 1 1/2 Cups/12 oz./350 ml  
 1/2 Cup Romesco Base  
 1 Cup Mayonnaise

### Black Spanish Olive Rilette

Yield: 1/2 Cups/4 oz./120 ml  
 1/2 Cup Black Spanish Olives,  
 seeded and chopped  
 1 tsp Garlic, freshly peeled and  
 minced  
 2 tsps Capers  
 2 tsps Extra Virgin Olive Oil

1 tsp Fresh Lemon Zest, minced  
 To Taste Black Pepper, freshly  
 ground

### Additional ingredients required for assembly

6 mussels per serving - New Zealand  
 Greenshell™ Mussels (frozen half shell)  
 Panko Bread Crumbs  
 Country Bread, thinly sliced, quartered,  
 toasted  
 Fresh Parsley Leaves, chopped

## Method

### Lemon Infused Spanish Olive Oil - method

- Combine all ingredients in a non-reactive saucepan over medium heat. Bring oil to 200°F or 93°C.
- Remove from heat and let sit for 3 hours.
- When cool, pass through fine Chinois into a clean container. Discard solids and



# New Zealand Greenshell™ Mussels Catalan

cover container with plastic wrap.

- Hold at room temperature.

## Fennel Sauté - method

- Heat butter in a non-reactive sauté pan over medium heat.
- Add shallots and garlic - sweat 1 minute.
- Add fennel and Pernod and sauté until fennel is al dente.
- Add parsley - sauté 30 seconds.
- Remove from direct heat. Season to taste.
- Reserve, keeping warm.

## Romesco Base - method

- Combine all ingredients in food processor or blender. Puree until smooth.
- Transfer to clean container. Cover with plastic wrap.

## Romesco Aioli - method

- Combine Romesco Base and mayonnaise.
- Using funnel transfer aioli to plastic squeeze bottles. Hold under constant refrigeration.

## Black Spanish Olive Rilette - method

- Combine olives, garlic, lemon zest and olive oil in bowl. Season with black pepper to taste.
- Transfer to clean container. Cover with plastic wrap.
- Hold under constant refrigeration.

## To Serve

### Assembly

Yield:	1 Serving
6 each	New Zealand Greenshell™ Mussels
6 Tbsps	Lemon Infused Spanish Olive Oil
6 tsps	Panko Bread Crumbs
1 Tbsps	Black Spanish Olive Rilette
2 quarters	Country Bread, thinly sliced, quartered, toasted
6 tsps	Fresh Parsley Leaves, chopped

- Separate mussels from half shell using a sharp knife. Put mussels back in shells.
- Drizzle Lemon Infused Spanish Oil on mussels
- Scatter each mussel with Fennel Sauté and Panko and roast in 400°F or 205°C oven until crumbs turn golden brown and Fennel Sauté is warm.
- Arrange in large bowl. Scatter with parsley.
- Butter grilled country bread with Black Spanish Olive Rilette, slice in half and arrange on side of plate.
- Serve immediately.

Recipe Photography:  
Patrick McDonnell Photography  
[www.patrickmcdonnellphotography.com](http://www.patrickmcdonnellphotography.com)

New Zealand Greenshell™ Mussels Provençal





# New Zealand Greenshell™ Mussels Provençal

## Ingredients

### Sancerre Sauce

Yield:	6 Cups/40 oz./1180 ml
2 Cups	Sancerre White Wine
6 Cups	Mussel Broth
1 Tbsp	Garlic, freshly peeled and minced
4 Tbsps	Shallots, diced
1/2 Cup	Fennel, shaved
1 Cup	Crème Fraiche
1 Cup	Unsalted Butter, cubed
To Taste	Sea Salt
To Taste	White Pepper, freshly ground
To Taste	Fresh Lemon Juice

### Poaching Stock

Yield:	1 Quart (4 cups)
1 Cup	Dry White Wine
3 Cups	Water
2 x Quarters	Small White Onion, peeled and quartered

8 x 4 inch	Parsley stems with leaves
3 each	Cloves
2 each	Bay Leaf
1/2 tsp	Sea Salt

### Additional ingredients required for assembly

6 each	New Zealand Greenshell™ Mussels in shells
6 tpsps	Fresh Parsley Leaves, chopped

## Method

### Sancerre Sauce

- Combine all ingredients in a non-reactive saucepan over medium heat.
- Cook to reduce by 50%.
- Add lemon juice and crème fraiche.
- Whisk in butter.
- Season.
- Hold keeping warm.

*Chefs Note: If mussel broth is not available you can substitute chicken stock.*

### Poaching Stock

- Combine all ingredients in a non-reactive sauce pan.
- Bring to simmer
- Hold for warming mussels.

### Assembly

Yield:	1 Serving
6 each	New Zealand Greenshell™ Mussels in shells

# New Zealand Greenshell™ Mussels Provençal



1 1/2 Cups Sancerre Sauce, heated  
6 tsps Fresh Parsley Leaves,  
chopped

- Separate mussels from half shell using a sharp knife.
- Warm mussels in poaching stock.
- Put mussels back in shells.
- Place in warm bowl and cover with warm Sancerre Sauce.
- Scatter with parsley.
- Butter grilled country bread arrange on side of bowl.
- Serve immediately.

Recipe Photography:  
Patrick McDonnell Photography  
[www.patrickmcdonnellphotography.com](http://www.patrickmcdonnellphotography.com)



# New Zealand Greenshell™ Mussels Rinconcito





# New Zealand Greenshell™ Mussels Rinconcito

## Ingredients

### Black Bean Sofrito

Yield	2 Cups/16 oz/475 ml
1/4 Cup	Olive Oil
1 tsp	Garlic, freshly peeled and minced
1/4 Cup	Yellow Onions, peeled and minced
1/4 Cup	Poblano Peppers, stemmed, seeded and minced
1 Tbsp	Tomato Paste
1 each	Bay Leaf
2 each	Oregano Sprigs
1/2 Cup	Black Beans, cooked
1/4 Cup	Chicken Stock
2 Tbsps	Fresh Cilantro, chopped
To Taste	Sea Salt
To Taste	Black Pepper

### Green Garlic Butter

Yield	2 1/4 Cups/18 oz/530 ml
2 Cups	Unsalted Butter, at room

1/2 Cup	temperature, diced
To Taste	Green Garlic, minced
To Taste	Sea Salt
To Taste	White Pepper
<b>Shrimp, Tomato and Red Onion Pico</b>	
Yield	3/4 Cup/6 oz/175 ml
1/2 Cup	White shrimp, poached al dente, shelled and sliced
1/2 Cup	Red Tomatoes, seeded and diced
1/4 Cup	Red Onion, peeled and diced
1 Tbsp	Lemon Zest, fine
2 tsps	Mint Leaves, minced
1 Tbsp	Cilantro, minced
To Taste	Sea Salt
To Taste	Black Pepper, freshly ground
To Taste	Fresh Lime Juice

### Charred Cuban Red Bell Pepper Aioli

Yield	1 1/2 Cups/12 oz/350 ml
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1/4 Cup	Roasted Bell Peppers, stemmed, seeded, peeled
1 tsp	Capers
1 1/4 Cups	Mayonnaise
To Taste	Sea Salt
To Taste	Black Pepper

### Additional ingredients required for assembly (per serve)

6 each	New Zealand Greenshell™ Mussels cooked
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# New Zealand Greenshell™ Mussels Rinconcito

## Method

### Black Bean Sofrito - method

- Heat oil in skillet over medium heat.
- Add garlic, onions and peppers and sauté until they soften - about 5 minutes.
- Add tomato paste, bay leaf and oregano sauté 3 minutes, stirring as needed.
- Add beans, stock, cilantro, bay leaf and oregano and cook 5 minutes.
- Remove bay leaf and oregano sprigs.
- Transfer beans to food processor and pulse to break up texture - do not puree!
- Cool and transfer to clean container. Cover with plastic wrap and refrigerate.

***Chefs Note:** A Sofrito is a Spanish or Latin version of a stir fry of ingredients.*

### Green Garlic Butter - method

- Combine ingredients in a food processor.
- Pulse until smooth - do not overwork or butter will break.
- Lay a parchment paper sheet on work surface

- Lay butter down one side
- Roll into a log shape - with a diameter of 1 1/2"/4 cms.
- Twist ends tight to compress butter.
- Roll in plastic wrap and refrigerate
- Hold under constant refrigeration.

### Shrimp, Tomato and Red Onion Pico - method

- Combine ingredients in bowl and mix together.
- Season with sea salt, black pepper and lime juice.
- Transfer to clean container. Cover with plastic wrap.

### Charred Cuban Red Bell Pepper Aioli - method

- Combine peppers, capers and mayonnaise in food processor or blender.
- Puree until smooth.
- Using funnel transfer aioli to plastic squeeze bottles.
- Hold under constant refrigeration.

***Chefs Note:** For additional heat substitute roasted red Fresno peppers for 1/2 of the red bell pepper measurement.*

## To Serve

### Assembly

For 1 Serving

6 each	New Zealand Greenshell™ Mussels cooked
6 Tbsps	Black Bean Sofrito
6 tsps	Green Garlic Butter
6 Tbsps	Shrimp, Tomato and Red Onion Pico
6 tsps	Charred Cuban Red Bell Pepper Aioli

- Heat oven to 400°F/200°C.
- Separate mussels from half shell using a sharp knife.
- Divide Black Bean Sofrito between shells.
- Put a mussel on top of each.
- Top each with Green Garlic Butter.

# New Zealand Greenshell™ Mussels Rinconcito



- Roast in oven until warm.
- Remove from oven. Top each mussel with the Shrimp, Tomato and Red Onion Pico.
- Arrange mussels in shells in a bowl or plate.
- Drizzle with Charred Cuban Red Bell Pepper Aioli.
- Serve immediately.

New Zealand Greenshell™ Mussels in Coconut Milk with Ginger and Cilantro





# New Zealand Greenshell™ Mussels in Coconut Milk with Ginger and Cilantro

Serves 4

## Ingredients

2 lbs (1kg)	New Zealand Greenshell™ Mussels - half shell
2 inch	piece Lemon grass
2	cloves Garlic (minced)
1 teaspoon	Ginger (grated)
1	Onion small (julienne)
1	Bell pepper red (julienne)
2 teaspoons	Vegetable oil
1 can	Coconut milk
1-1/2 teaspoon	Thai green curry (recipe follows)
2	Limes (juice only)
2	Green onions (sliced into 1/2 inch rings)
2 tablespoons	Cilantro (minced)
2 tablespoons	Thai basil (chiffonade)

## Method

- Heat oil in a six quart wide pot on high heat. Sauté the lemongrass, garlic, ginger, onion, and bell pepper, cook for one minute.
- Add the curry, green onions, and sauté for two minutes. Add the mussels and cook for two minutes. Add coconut milk and lime juice and bring liquid to a boil and cover tightly.
- Steam the mussels until cooked through (about five minutes). Add cilantro and basil; toss mussels in the steaming liquid. Serve hot in a large bowl.

## Thai Green Curry Ingredients

1/2 cup	Grape seed oil
1	Shallot (minced)
1 teaspoon	Ginger (minced)
1	clove Garlic (minced)
1 teaspoon	Cumin
1	Clove
1 teaspoon	Gara masala
2 tablespoons	Curry powder
2 tablespoons	Lime juice
1	bunch Cilantro (chopped)

## Method

- In a sauce pan, heat the oil, add the shallots, ginger, and garlic, cook until they caramelize. Add the cumin, clove, gara masala and curry, cook until the spices are toasted. Remove from the heat and cool for 10 minutes. Transfer to a blender, add the cilantro and lemon juice then blend until smooth. Season with salt and pepper, set aside for later use.

# New Zealand Greenshell™ Mussels in a Saffron Cream Sauce





## New Zealand Greenshell™ Mussels in a Saffron Cream Sauce

Serves: 4 portions (8 mussels each portion)

### Ingredients

32	New Zealand Greenshell™ Mussels frozen half shell
10mls	Olive oil
20gms (0.7oz)	Butter
30gm (1oz)	Small brown onion - fine diced
30gm (1oz)	Celery stalk - fine diced
30gm (1oz)	Fennel bulb - fine diced
4 sprigs	Lemon thyme (normal thyme also works) - stalks removed leaves only
15mls	Pernod (optional)
30mls	White wine (Dry Riesling)
10	Saffron threads
500mls	Cream
12	Cherry Tomatoes (optional - blanched & peeled)
	Italian Parsley - picked
	Chives spears

### Method

- Allow the Greenshell™ Mussels to defrost in a tray with sides, pour off any juices that are left from the defrosted mussels. Do this through a fine strainer if possible to remove any broken shell fragments. Reserve the mussel juice.
- Place a medium to large saucepan on the heat; add the oil & butter allowing the butter to just start to bubble. Add the onion, celery, fennel, thyme & sauté without coloring the ingredients.
- Add the Pernod & burn off the alcohol if possible (take extreme care if following this procedure – be aware of any low fixtures, as the flames will rise up quickly), then add the white wine, mussel juice & the saffron. Allow the saffron to cook out for 10-20 seconds.
- Add the cream to the saucepan & bring to the boil, allow to reduce until the mixture slightly thickens & has a saffron yellow color (color will depend on the quality of the saffron)

- Add the mussels and heat through, this will take approximately 2-3 minutes, any longer will over cook the mussels.
- Using a large slotted spoon or tongs, plate eight each Greenshell™ Mussels into 4 suitable serving bowls.
- Garnish with 4 cherry tomatoes each bowl & picked Italian parsley & chive spears.
- Serve immediately while the dishes are hot.

### ***Chefs Notes:***

*A rich creamy dish inspired with Spanish flavors in mind. A colourful dish that can be served as an individual plate or shared as a banquet styled dish/platter.*



New Zealand Greenshell™ Soho Mussels





# New Zealand Greenshell™ Soho Mussels

## Ingredients

### Mussel Warming Stock

Yield:	1 Quart (4cups)
1 Cup	Dry White Wine
3 Cups	Water
2 x Quarters	Small White Onion, peeled and quartered
8 x 4 inch	Parsley stems with leaves
3 each	Cloves
2 each	Bay Leaf
1/2 tsp	Sea Salt

### Spoon Leaf Spinach

Yield	1/2 Cup/6 Tbsps.
4 Cups	Water
2 tsps	Sea Salt
1 1/2 Cups	Leaf Spinach

### Roasted Garlic Gremolata

Yield:	3/4 Cup/6 oz/175 ml
2 Tbsps	Roasted Garlic, minced
1 Tbsp	Anchovy Paste

1/4 Cup Lemon Zest, pith removed, fine

1/4 Cup Parsley, minced

### Honey Citrus Vinaigrette

Yield:	4 Cups/32 oz/940 ml
1 Cup	Orange Juice
1/4 Cup	Lime Juice
1 Tbsp	White Wine Vinegar
1/2 Cup	Honey
2 1/4 Cups	Olive Oil
To Taste	Sea Salt
To Taste	White Pepper

## Method

### Mussel Warming Stock

- Combine all ingredients in a non-reactive sauce pan.
- Bring to simmer
- Hold for warming mussels.

### Spoon Leaf Spinach

- Prepare an ice bath combining 4 cups of water and 2 Cups of ice in bowl.
- Bring water and salt to boil.
- Place spinach in a strainer and immerse in the boiling water 15 seconds.
- Shock spinach in ice bathe to stop cooking process.
- Squeeze excess water from spinach.
- Reserve.

### Roasted Garlic Gremolata

- Combine ingredients in bowl except pepper and mix together.
- Transfer to clean container.
- Cover with plastic wrap and refrigerate.



## New Zealand Greenshell™ Soho Mussels

### Honey Citrus Vinaigrette

- Place all ingredients except oil and salt and pepper into a blender.
- Puree until smoothly combined.
- Add oil slowly with blender on low.
- Season to taste.
- Using funnel transfer vinaigrette to plastic squeeze bottles and refrigerate.

### Assembly

For 1 Serving

6 each	New Zealand Greenshell™ Mussels, cooked
6 Tbsps	Poaching Stock, simmering
2 tsp	Spoon Leaf Spinach
6 Tsp	Pernod
6 tsp	Roasted Garlic Gremolata
6 tsp	Panko, toasted
6 Tbsps	Bacon, thick cut, diced and fried crispy
	Honey Citrus Vinaigrette

- Separate mussels from half shell using a sharp knife.
- Briefly warm mussels by dipping into simmering Poaching Stock - just warm do not re-cook.
- Warm shells.
- To finish Spoon Leaf Spinach, Heat butter in skillet over medium heat, add spinach and sauté until warm; sprinkle

with Pernod and toss.

- Divide Spoon Leaf Spinach between shells.
- Put mussels on top of each.
- Top each with Gremolata.
- Garnish each with bacon and toasted Panko.
- Pour over hot Honey Citrus Vinaigrette.
- Arrange mussels in shells in bowl or on plate.
- Serve immediately.

Recipe Photography:  
Patrick McDonnell Photography  
[www.patrickmcdonnellphotography.com](http://www.patrickmcdonnellphotography.com)

# New Zealand Greenshell™ Mussels with Bombay Sauce





# New Zealand Greenshell™ Mussels with Bombay Sauce

serves 4

## Ingredients

40	New Zealand Greenshell™ Mussels (Frozen 1/2 shell) – defrost in a container & reserve any juice that comes from defrosting for the sauce.
4	Fresh Green Chilies (mild) – minced
2 Tbsps	Fresh Ginger – minced
2 Tbsps	Fresh Garlic – minced
3 Tbsps	Canola Oil
2 medium	Onions - diced
1 tbsp	Paprika
1/2 tsp	Cayenne Pepper
1/2 tsp	Turmeric Powder
2 tsp	Garam Masala
1	Star Anise
1 cup	Coconut Cream
1	Fresh Lime – juice only
1/2 cup	Fresh Coriander – minced

## Method

- Puree the green chilies, ginger and garlic to a paste with a little water in a blender.
- Heat oil in a heavy-bottomed pan and sauté half the onions until light golden color.
- Add the paste, spice, and cook for 3 minutes.
- Add the coconut cream & bring to a boil. Allow to simmer on low for about 10 minutes, stirring occasionally, add the mussels & the mussel juice & bring to the boil. Season with salt and add the lime juice & coriander & serve.
- Place into one big serving dish or portion between 4 bowls.
- Optional Garnish – fresh coriander & julienne of red capsicum.

## Chefs Notes:

*An excellent shared dish option, offering a simple creamy curry flavor to the meaty New Zealand Greenshell Mussels. Enjoy with friends coupled with your favorite lager or Viognier*



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