



Love the taste every time.

Mussel Recipes

Smoked Mussel Pâté

Ingredients

- 1 tbsp (15 mL) butter or margarine
- 2 cloves garlic, crushed
- ¼ cup (50 mL) chopped onion
- 1 can (85 g) [Clover Leaf Smoked Mussels](#), drained
- 4 oz (125 g) light cream cheese(1/2 -250 pkg), cubed
- ¼ cup (50 mL) parsley sprigs

Preparation

1. Heat butter in small skillet over medium heat; add garlic and onion and sauté 2-3 minutes or until softened; stir in mussels and cook 1 minute.
2. Add cream cheese, parsley and warm mussel mixture to food processor or blender; process until smooth.
3. Spoon into serving dish; cover and chill at least 30 minutes to blend flavors.
4. Garnish with parsley, if desired. Serve with crackers. Makes 1 cup (250 mL)

Nutritional Information per serving: Calories 70, Fat 5g, Sodium 135mg, Carbohydrate 2g, Fibre 0g, Protein 4g.

Hint: Double the recipe for a party. Line a serving dish or small bowl with plastic wrap; spoon mixture into lined dish. Cover; chill 2 hours or longer. At serving time unmould onto serving plate; garnish with parsley and surround with crackers.



Mussels Bruschetta

Ingredients

- 2 plum tomatoes, diced
- 2 tbsp (30 mL) finely chopped chives
- 2 tbsp (30 mL) olive oil
- 1 tsp (5 mL) salt
- ½ tsp (2 mL) sugar
- 2 cans (85 g each) [Clover Leaf Smoked Mussels](#), drained
- garlic toasts

Preparation

In a small bowl mix the tomatoes, chives, olive oil, salt, and sugar. Divide mixture equally among appropriate number of toasts: top each with 2 Clover Leaf Smoked Mussels. Garnish as desired. Makes about 16 servings.*

Nutritional Information per serving: Calories 80, Fat 3g, Sodium 290mg, Carbohydrate 8g, Fibre 0g, Protein 4g.

***Note:** Clover Leaf Smoked Mussels cans are filled by weight. Quantity of mussels per can will vary depending on their size. Bruschetta mix may need to be increased or decreased according to number of toasts used.

PRESENTATION TIP Instead of arranging prepared bruschetta on a plate, let your guests serve themselves - helps to maintain the crispness of the toasts.



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Mussel Recipes

Gruyère and Mussel Crostini

Ingredients

- 1 tbsp (15 mL) olive oil
- 1 large red onion, thinly sliced
- 1 clove garlic, minced
- ½ tsp (2 mL) each dried thyme, salt and pepper
- 1 tsp (5 mL) each Worcestershire sauce and granulated sugar
- ¼ cup (50 mL) dry Sherry or white wine
- 2 cans (85 g each) [Clover Leaf Smoked Mussels](#), drained
- 1 12-in (30 cm) baguette, sliced to yield 16 slices
- 2 tbsp (30 mL) softened butter
- 1 cup (250 mL) coarsely shredded Gruyère cheese
- 2 tbsp (30 mL) chopped fresh parsley



Preparation

Heat the olive oil in a large skillet set over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes or until golden. Stir in the garlic, thyme, salt, pepper, Worcestershire sauce and sugar. Increase the heat to medium-high. Cook the onions, stirring and drizzling in the sherry as the pan gets dry, for 5 minutes or until the onions are caramelized. Remove the pan from the heat and stir in the mussels. Preheat the broiler. Butter one side of the baguette. Slice and set, buttered sides up, on a baking sheet. Spread the mussel and onion mixture evenly over each baguette slice. Sprinkle evenly with the cheese. Broil for 3 to 4 minutes, or until cheese is melted. Cool slightly and sprinkle with parsley.

Makes 8 servings.

Nutritional Information per serving: Calories 380, Fat 11g, Sodium 840mg, Carbohydrate 51g, Fibre 2g, Protein 15g.

Hint: Spoon this delicious mixture over baked potatoes and serve with a tossed green salad for an easy, elegant supper.



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Mussel Recipes

Stuffed Portabello Mushrooms with Mussels

Ingredients

- 3 tbsp (45 mL) olive oil, divided
- 1 onion, finely chopped
- 1 clove garlic, minced
- 2 cans (85 g each) [Clover Leaf Smoked Mussels](#), drained
- 1 cup (250 mL) packed baby arugula
- ¼ cup (50 mL) white wine
- 1 ½ cups (375 mL) panko or fine fresh breadcrumbs, divided
- ¼ cup (50 mL) pine nuts, toasted (optional)
- 2 tbsp (30 mL) each finely chopped fresh parsley and basil leaves
- ½ tsp (2 mL) each salt and pepper, divided
- 8 portabello (or baby portabello) mushrooms
- ¼ cup (50 mL) grated Asiago cheese
- 1 tbsp (15 mL) butter, melted



Preparation

1. Preheat the broiler. Heat 1 tbsp (15 mL) of the oil in a medium non-stick skillet set over medium heat. Add the onion and garlic. Cook, stirring occasionally, for 5 minutes or until tender. Add the mussels, arugula and wine. Cook, stirring, for 1 minute or until moisture is almost completely evaporated. Remove from the heat; cool slightly.
2. Toss the mussel mixture with 1 cup (250 mL) panko, the pine nuts (if using) , parsley, basil and half the salt and pepper. Toss the remaining panko with the Asiago and butter; reserve.
3. Meanwhile, remove the stems and use a spoon to scrape the dark gills from the mushrooms; discard. Brush both sides of the mushrooms evenly with remaining olive oil and sprinkle with remaining salt and pepper.
4. Place mushrooms, gill-side-down, on a foil-lined baking sheet; broil on the middle rack for 3 to 5 minutes or until tender. Remove from oven, turn mushrooms and stuff each one with an equal portion of the mussel mixture. Sprinkle with the reserved Asiago mixture. Broil the mushrooms for 2 to 3 minutes or until topping is browned. Makes 4 main course (or 8 first course servings) .

Nutritional Information per serving: Calories 590, Fat 45g, Sodium 640mg, Carbohydrate 28g, Fibre 5g, Protein 21g.

Hint:

1. Panko is a Japanese style breadcrumb that is sold in most grocery stores and specialty shops. It creates a nice texture in the mushrooms.
2. Serve with creamy polenta and mixed greens for a sophisticated entrée.



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Mussel Recipes

Chicken with Creamy Smoked Mussel Sauce

Ingredients

- 1 can (85 g) [Clover Leaf Smoked Mussels](#), drained
- 8 skinless, boneless chicken breasts
- $\frac{3}{4}$ tsp (4 mL) salt, divided
- $\frac{1}{2}$ tsp (2 mL) ground black pepper
- 3 tbsp (45 mL) butter
- 1 small onion, finely chopped
- 1 tbsp (15 mL) finely chopped fresh thyme
- $\frac{1}{4}$ tsp (1 mL) ground white pepper
- 2 cups (500 mL) coarsely chopped stemmed mushrooms
- 1 $\frac{1}{4}$ cups (310 mL) low-sodium chicken broth
- 1 $\frac{1}{4}$ cups (310 mL) white wine (or additional chicken broth)
- 1 cup (250 mL) whipping cream
- steamed spinach



Preparation

1. Drain the juices from the can of mussels into a large, nonstick skillet set over medium-high heat. Set mussels aside.
2. Sprinkle the chicken with $\frac{1}{2}$ tsp (2 mL) of the salt and black pepper; add to the pan, in batches if necessary. Brown the chicken on both sides.
3. Transfer the chicken to a baking sheet; bake in the oven for 20 minutes or until cooked through.
4. Meanwhile, reduce the heat under the skillet to medium. Add the butter, onion, thyme, remaining salt and white pepper. Cook, stirring often, for 5 minutes.
5. Increase the heat to high and add the mushrooms; sauté for 2 minutes or until golden.
6. Stir in the broth and white wine; bring to a boil and cook for about 10 to 12 minutes or until liquid is reduced to about 1 cup (250 mL).
7. Stir the cream into the reduced wine mixture in skillet and bring to a boil.
8. Cook for 7 to 8 minutes or until reduced and thickened.
9. Stir in the reserved mussels.
10. Arrange the chicken on a bed of steamed spinach and spoon sauce over top.
11. Serve immediately.

Makes 8 servings

Nutritional Information per serving: Calories 300, Fat 22g, Sodium 560mg, Carbohydrate 10g, Fibre 1g, Protein 8g.

Hint: For additional colour and flavourful flair, serve with saffron rice