

Food skills

Mussels

Mussels are available all year round, fresh or frozen. When buying fresh (live) mussels look for mussels with fully closed shells or those that close when the shells are tapped. Fresh mussels should be cooked soon after buying. Store them in the fridge for no longer than 2 days. Discard any mussels that don't open during the cooking process.

Did you know

Greenshell mussels (kūkū / kūtai) are only grown in New Zealand and are one of the world's most successfully farmed mussels. They are grown on lines suspended from ropes above the sea floor.

How to cook



1 Fresh mussels must be tightly closed.



2 Scrub the mussel shells and remove their beards.



3 Place mussels in large pot with 1 cup water.



4 Cover with a tight fitting lid and bring to the boil.



5 Cook covered over a high heat until the mussels open (3-5 minutes).



6 Discard any mussels that don't open.



7 Remove the mussels from the shells.



8 Store cooked mussel meat in the fridge.



Mussel and vegetable chowder

(serves 4)

Ingredients

1 tablespoon oil
1 onion, diced
3 cloves garlic, crushed
2 carrots, peeled and diced
2 stalks celery, diced
2 potatoes, peeled and diced
2½ cups water
24 fresh mussels in their shells
1 cup corn kernels
1 cup peas
1 can evaporated milk
2 tablespoons cornflour
2 tablespoons cold water

Method



Heat oil in a large pot. Add onions, garlic, carrots and celery, cook gently. Add potatoes and water. Bring to the boil, then reduce to a simmer.



Add mussels. Cook until they open. Remove from the pot. Discard any that don't open. Remove mussels from their shells, set aside.



Add corn, peas and milk. Bring to a simmer. Mix together cornflour and water. Slowly add stirring all the time.



Roughly chop the mussel meat and add to the pot. Serve immediately.

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