

Fresh Black/Blue Mussels steamed with White Wine Yield: 2 servings or 4 as appetizer



- 2 - 2.5 lbs. fresh mussels, 2" – 3" size (for larger, adjust cooking time), rinsed and scrubbed, all closed
- 1 medium leek, cut lengthwise and sliced into ¼" rings, double rinsed
- 1 head of fennel, quartered, center removed and diced small
- 2 parsnips + 3 carrots + 3 celery sticks, diced small
- 2 medium garlic cloves, smashed, peeled and chopped
- 1/3 lb. butter, divided
- 1 cup dry white wine, divided into two separate ¼ cups and one ½ cup to steam up the mussels

Pre-heat Cook-N-Dine on 5. When the orange light is off, set temperature to #6.5 to #7 (varies by model) Melt and distribute half of the butter over the hot cooking surface, then add carrots and parsnips. Cook for 2-3 minutes. Then add all remaining vegetables and garlic. Sautee another 2 - 3 minutes, add one of the ¼ cups of wine, cover and cook for about 5 minutes until softened but still have a bite. Check regularly for doneness in between and slowly add the second ¼ cup of wine as you go.

Remove cloche (steam dome) and add a few grinds of black pepper. No salt needed. Distribute mussels over the vegetables, add remaining ½ cup of wine and cover immediately.

Cook for about 3 minutes or until you see a bit of liquid seeping out from under the cover. That means the mussels have opened and are ready to eat. Leave lid on for one more minute and switch off the teppanyaki.

Quickly distribute mussels and veggies, including the liquid, into bowls, and top with dollops of remaining butter. Sprinkle with some chopped fresh parsley and serve with fresh crusty bread or generously buttered German Pumpernickel "Vollkorn" bread.

OPTIONS – Add any or all: red pepper flakes, slices of Andouille sausage, cream or half-and-half, coconut milk, curry paste, smashed cherry tomatoes. You can also use small cherry clams or palourde.

