

Steamed Mussels in Fennel & Leek Broth



Sirve:

6 - 8 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Multi-Purpose Oil Core

Valora: ★★★★★☆

Contribuido por:

Cathy Vogt
Certified Health Coach & Natural Foods Chef
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Descripción de la Receta:

Mussels are economical, available in most markets and so delicious. Mussels are a flavorful shellfish that cook quickly and pair well with crusty bread, rice or pasta. Serve this dish warm or chilled with a splash of lemon juice or wine vinegar.

1 cup
leeks, cut in half lengthwise and sliced into thin pieces, white part only
(110 g)
1 cup
fennel bulb, trimmed, cut in half, core removed and sliced into thin pieces
(87 g)
2 cloves garlic, peeled and shredded, use Cone #1
½ teaspoon
sea salt
(3 g)
1 cup
dry white wine
(240 ml)
½ teaspoon
dried thyme leaves
(1 g)
4 pounds
mussels, fresh, cleaned and debearded
(1.8 kg)
1 medium
tomato, fine dice, juices included
½ cup

parsley leaves, chopped
(30
g)
fresh ground pepper to taste
1 tablespoon
extra-virgin olive oil or grass fed sweet butter (optional)
(15
ml)

Preparación :

1. Place mussels in colander in the sink and rinse thoroughly with cold water to remove debris and any dirt. Remove beards by pulling gently and discard any opened mussels.
2. Preheat MP5, uncovered, at 375°F/190°C.
3. Add leeks, fennel, garlic and salt. Sauté until softened, about 6 - 8 minutes, stirring frequently.
4. Add white wine and thyme, and stir to combine. Place cleaned mussels on top of vegetables. Place cover on MP5.
5. When Vapo-Valve™ begins to click steadily, reduce temperature to 285°F/140°C and cook for 4 - 5 minutes or until mussels have opened.
6. Remove mussels and place in a clean bowl. Add diced tomatoes, parsley and fresh ground pepper to taste. Add olive oil or butter, if desired. Stir to combine.
7. Add mussels back to MP5 and toss to combine with sauce. Serve mussels warm.

Consejos:

- Serve mussels in shell with broth or remove them from the shell before adding them back to the broth.
- For a spicy kick of flavor add a pinch or two of crushed red pepper to steaming liquid.

Información nutricional por ración

Based on 8 servings

Calorías: 235

Grasa Total: 5g

Grasa 1g

Saturada:

Colesterol: 64mg

Sodio: 779mg

Carbohidratos: 13g

Fibra 1g

Dietética:

Azúcar: 2g

Proteína: 28g

Nutritional analysis does not include optional ingredients