



Mills Bay Crumbed Mussels

INGREDIENTS

- 1 doz live mussels
- $\frac{3}{4}$ c flour
- 2 eggs, beaten
- $\frac{1}{4}$ c cream
- 1 c panko breadcrumbs
- Parsley, finely chopped (to serve)
- Lemon (to serve)

METHOD

Raw shuck the mussels using a blunt, flexible knife. For tips on how to raw shuck a mussel, check out this video... ?

Heat a deep fryer to 180°C, alternatively, shallow fry the mussels by placing a frypan onto a medium heat and fill with 2cm of oil. Test the temperature of the oil by adding a piece of bread, it should turn golden brown after 1 minute. Pour the flour into a bowl, in a separate bowl, mix the eggs and cream together. Use a third bowl for the panko breadcrumbs. Dip the mussels into the flour to give them a light coating. Take the mussels and drag them through the egg then place into the panko breadcrumbs until fully coated. Deep fry or use a pan to shallow fry the mussels for around 4min or until golden. Remove from oil and allow to rest on a paper towel for 1min. Sprinkle with fresh parsley and serve with lemon wedges and tartare sauce.

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MUSSELS

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From the place we call home. Where we work, play and commute,
a succulent crop of sea-farmed goodness carefully nurtured and
sustainably harvested from the ocean depths.

No additives. No preservatives. Our labour of love.

