NEW ZEALAND GREENSHELL™ MUSSELS

culinary collection
A natural emerald beauty, found only in New Zealand’s untouched waters

New Zealand Greenshell™ Mussels are a unique mussel variety found only in New Zealand’s isolated waters.

Greenshell™ Mussels from New Zealand are prized for their large plump meat and sweet, tender taste, vibrant emerald green colored shell and are often referenced for their health benefits, which has made them a sought after delicacy around the world.

With their robust shell New Zealand Greenshell™ Mussels are most readily available in a ‘ready to use’ frozen half shell format, where all the hard work of cleaning, opening and discarding of unwanted shells has already been taken care of, making them easy to prepare and available to use when you require.

New Zealand Greenshell™ Mussels are masters of versatility, making them a popular choice on catering, bar and restaurant menus. The shell adds visual appeal to any dish, and the understated mussel flavor profile lends itself to a broad array of ingredient partners and cuisine styles.

In New Zealand, we are also acutely aware that the world wants food that not only tastes wonderful but carries with it firm assurances around food integrity, therefore we actively ensure that our mussels comply with the highest standards of food safety.

In all these respects, New Zealand Greenshell™ Mussels shine as rare and precious culinary gems.

For further information: www.purenzmussels.com
New Zealand Greenshell™ Mussels are the ultimate health food. High in protein, low in fat yet providing 680mg of omega-3 from EPA and DHA in one serving. They are also a rich source of selenium, iron, Vitamin B12 and iodine, and a good source of magnesium and calcium.

Five New Zealand Greenshell™ Mussels provide almost 100% of your daily iodine and selenium needs, 1/3 of daily protein needs and almost three times your daily Vitamin B12 needs.

Preparation Tips

New Zealand Greenshell™ Mussels are convenient and easy to prepare. They are well suited to many types of preparations including sauté, frying, baking, steaming, broiling, stewing and grilling.

Preparing New Zealand Greenshell™ Mussels

If frozen, New Zealand Greenshell™ Mussels can be thawed before cooking or alternatively prepared from frozen.

Thawing

Thawing frozen mussels prior to preparation is recommended for baking, grilling and frying recipe applications. Quick thawing can be achieved by running cold water over the mussels for 10 minutes, moving them around to ensure all are properly defrosted. Conventional thawing can be achieved by placing mussels or sealed bag in the refrigerator for 5-8 hours, draining off excess liquid prior to using.

Cooking

Care should be taken not to overcook New Zealand Greenshell™ Mussels with the best results achieved when cooking until just heated through.

Storage

New Zealand Greenshell™ Mussels must not be over-thawed or refrozen. Once thawed use New Zealand Greenshell™ Mussels immediately. Frozen New Zealand Greenshell™ Mussels will retain their quality for up to twelve months if stored at or below 0°F (-18°C).

Please refer to product best before date for further detail on the shelf life of individual products.
Recipe Contributors

Chef Andrew Brown
The George Hotel
Christchurch, New Zealand

Chef Jonny Schwass
Restaurant Schwass
Christchurch, New Zealand

Chef Robert Oliver
Winner of the Best Cookbook in the World at the 2011 Gourmand World Cookbook Awards
Consultant Chef - New Zealand Trade & Enterprise

Chef Patrick McDonnell and his culinary team
McDonnell Kinder & Associates (MKA)
Kansas City, U.S.A.

For enquiries on New Zealand Greenshell™ Mussels
email: info@nurturedseafood.com
New Zealand Greenshell™ Mussels

Preparation tips
Recipe Contributors

At Home Recipes

New Zealand Greenshell™ Mussels with Dynamite Sauce
New Zealand Greenshell™ Mussels with Garlic Butter
New Zealand Greenshell™ Mussels with Rich Tomato Sauce
New Zealand Greenshell™ Mussels with Ginger Pesto topping
New Zealand Greenshell™ Mussel Paella
New Zealand Greenshell™ Salt and Pepper Mussels
New Zealand Greenshell™ Mussels in a Portuguese Stew
New Zealand Greenshell™ Mussel Hotdog

Asian Inspired Recipes

New Zealand Greenshell™ Mussel and Salmon Guk (Korean style soup)
New Zealand Greenshell™ Mussel and Salmon Haemunitang (Korean Spicy Hot Seafood Stew)
New Zealand Greenshell™ Mussel Bibimbap with King Salmon
New Zealand Greenshell™ Mussel Korean Style Soup (Guksujangguk)
New Zealand Greenshell™ Mussels in Pajeon (Korean Spring Onion Pancake)
New Zealand Greenshell™ Mussels Tempura
New Zealand Greenshell™ Mussels with Asian Salsa
New Zealand Greenshell™ Thai Mussel Stew
New Zealand Greenshell™ Mussels with Wasabi Aioli & Hijiki
New Zealand Greenshell™ Mussels in Coconut Curry Sauce
New Zealand Greenshell™ Mussels Wraps with Vietnamese Peanut Sauce
At the Event Recipes

New Zealand Greenshell™ Mussel Cakes
New Zealand Greenshell™ Mussel lettuce parcels with Thai style dressing
New Zealand Greenshell™ Mussel Yakitori
New Zealand Greenshell™ Mussels with Macadamia, Chive & Citrus Kelp Crust
New Zealand Greenshell™ Mussels on the half shell
New Zealand Greenshell™ Mussels with chilled Leek, Potato and Saffron Soup

In the Restaurant Recipes

New Zealand Greenshell™ Mussels Brown Butter Pizzetta
New Zealand Greenshell™ Mussels Catalán
New Zealand Greenshell™ Mussels Provençal
New Zealand Greenshell™ Mussels Rinconcito
New Zealand Greenshell™ Mussels in Coconut Milk with Ginger and Cilantro
New Zealand Greenshell™ Soho Mussels
New Zealand Greenshell™ Mussels Bombay
New Zealand Greenshell™ Mussels with Dynamite Sauce
New Zealand Greenshell™ Mussels with Dynamite Sauce

Makes 24 portions

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>New Zealand Greenshell™ Mussels - half shell</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>Kewpie Mayonnaise (Japanese mayonnaise)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Sriracha (chilli sauce)</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Flying fish roe</td>
</tr>
</tbody>
</table>

Method

- Pre-heat your broiler/grill to 180 °C / 350 °F.
- To prepare the sauce combine the kewpie mayonnaise and Sriracha. Taste here. For a hotter sauce, add a little more Sriracha. For a milder sauce, add a few squirts of Kewpie mayo. Add the flying fish roe and stir slowly to distribute evenly into the sauce.
- Spoon the sauce over each mussel. Allow just enough to cover the meat completely.

- Place the mussels under the broiler/grill to cook. Check frequently and rotate the tray occasionally to even out the browning and compensate for hot spots.
- Cook until the sauce bubbles and turns golden brown with a few dark spots forming. The total cooking time should not exceed 15 minutes. Serve immediately.
New Zealand Greenshell™ Mussels with Garlic Butter
## New Zealand Greenshell™ Mussels with Garlic Butter

**Serves 2**

### Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>New Zealand Greenshell™ Mussels - half shell</td>
</tr>
<tr>
<td>150gms (5.3oz)</td>
<td>Butter (softened but not melted)</td>
</tr>
<tr>
<td>1 medium</td>
<td>Fresh Garlic Clove (minced)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Fresh Italian Parsley (finely chopped)</td>
</tr>
<tr>
<td>To season</td>
<td>Flaky Sea Salt &amp; Cracked Black Pepper</td>
</tr>
</tbody>
</table>

### Method

- In a suitable mixing bowl mix the butter, garlic & parsley.
- Pre heat the oven to a medium heat (approx 160°C / 320°F).
- Set the half shell mussels on to a suitable baking tray with sides (to stop any juice from spilling). With a teaspoon evenly distribute the butter mixture on top of all the mussels.
- Place into the oven & allow to bake for approx 5-7 minutes, or until all the mussels are evenly hot.
- Remove from the tray on to a suitable service plate or tray, any juices from the mussels can be used to baste the mussels prior to service.
- Garnish with fresh Italian parsley & serve with lemon wedges to squeeze over the top.
New Zealand Greenshell™ Mussels with Rich Tomato Sauce
New Zealand Greenshell™ Mussels with Rich Tomato Sauce

Serves 4

Ingredients

24 New Zealand Greenshell™ Mussels - half shell
40mls Olive Oil
3 Garlic Cloves (finely chopped)
1 Onion (finely chopped)
2 x 400gm tins Roma Tomato Puree
6 Ripe Roma Tomatoes (chopped)
1 tablespoon Fresh Basil (roughly chopped, saving a small amount for garnish)
1/2 tablespoon Fresh Italian Parsley (roughly chopped)
To season Flaky Sea Salt & Cracked Black Pepper

Method

- In a heavy based saucepan, sauté onions & garlic in the oil until soft & transparent. Add tomatoes & tomato puree, allowing sauce to come up to the boil, and then reduce heat to bring sauce to a simmer & allowing the sauce to reduce & become thick. To finish the sauce, season to taste & stir in the fresh herbs.
- Warm the mussels in the sauce & serve in a suitable bowl or service dish.
New Zealand Greenshell™ Mussels with Ginger Pesto topping
New Zealand Greenshell™ Mussels with Ginger Pesto topping

Makes enough for 24 mussels

**Ingredients**
- 24 New Zealand Greenshell™ Mussels - half shell
- 100gms (3.5oz) chopped Green Onion
- 30gms (1oz) chopped Coriander
- 30gms (1oz) minced fresh Ginger
- 20gms (0.7oz) minced fresh Garlic
- 1/2 teaspoon minced Red Chili
- 1/2 cup Vegetable Oil

**Method**
- Steam the mussels until just cooked.
- For ease in eating, carefully slide a paring knife under the mussel meat to loosen the shell from the abductor muscle, placing the loose meat back onto the shell.
- Blend all topping ingredients and season with salt and pepper as needed.
- Top each mussel with a generous amount of the ginger pesto topping and serve.
New Zealand Greenshell™ Mussel Paella
New Zealand Greenshell™ Mussel Paella

4-6 serves

Ingredients

- 100 mls Olive oil
- 150gms (5.3oz) Chorizo (good quality) – sliced into 3-4mm thick rounds
- 6 slices Pancetta or Streaky Belly Bacon
- 1 med size Onion - finely diced
- 4 cloves Garlic - finely diced
- 2 ltrs Chicken Stock (preferably organic)
- 12-16 threads Saffron (good quality)
- 1 1/2 tsps Smoked Paprika
- 500gms (17.5oz) Paella Rice – see chefs note
- 500gms (17.5oz) New Zealand Greenshell™ Mussels
- 10 Cherry Tomatoes - cut in half
- small bunch flat leaf parsley, leaves picked and chopped
- Salt & freshly cracked black Pepper to taste

Method

- In a pot heat the chicken stock & infuse with the saffron.
- Bring a large frying/sauté or paella pan up to heat, add the oil to the pan & quickly add the sliced chorizo and pancetta or bacon and fry until browned and crispy (quality chorizo will always drop a reddish oil into the pan when cooked – this is a good thing as it is the combination of paprika & pork fat that has rendered out of the chorizo & adds flavor to the overall dish) add the onion and garlic and cook until soft.
- Add the smoked paprika, rice and two thirds of the infused stock and leave to cook on a medium to low heat, stirring from time to time.
- After 20 minutes the rice should be almost cooked. At this point, pour in the rest of the stock and add the mussels. Place a lid on the pan and cook for 10 minutes more.
- Finally, sprinkle with chopped parsley and 1/2 a lemon.

Chefs Notes:

Paella Rice – predominantly a short grain rice is used for this dish & most food markets would sell a paella rice, however Valencia rice or Calaspara rice are considered to be the best options.

Variations – Paella is a traditional Valencia Rice dish & has many variations; many other ingredients can be included in this dish including other seafood & chicken. It is a great shared dish & allows a rustic plating style for dinner parties.
New Zealand Greenshell™ Salt and Pepper Mussels
New Zealand Greenshell™ Salt and Pepper Mussels

Makes 16 mussels

Ingredients
- 16 New Zealand Greenshell™ Mussels
- 130gms (4.5oz) Cornflour
- 130gms (4.5oz) Rice Flour
- 1/2 tsp Chilli Powder
- 1 tsp White Peppercorns (finely ground)
- 1 tsp Flakey Salt
- 200mls Milk
- Oil for frying

Method
- Mix all dry ingredients well.
- Place the mussels into the milk (this ensures the dry ingredients stick to the mussels).
- Heat the oil to 185°C in a deep fryer
- Remove the mussels from the milk & shake any excess milk then dredge the mussels through the dry ingredients (seasoning) ensuring the mussel is completely coated in the seasoning.
- Fry the mussels in small batches to maintain the heat, fry until the coating is crisp. Remove & drain on a paper towel. Keep the mussels hot until you serve.

Pineapple Ginger Puree
Makes approx 400gms (14oz)

Ingredients - Pineapple Ginger Puree
- 1 Large Fresh Ripe Pineapple – peeled/cored & finely diced
- 5 Tbsps Lime juice - fresh squeezed & strained
- 35gms (1.2oz) Fresh Ginger Root – peeled & finely grated
- 1 Onion (small) – finely diced
- 1 Fresh Red Chilli – mild
- 50gms (1.7oz) Sugar
- 100mls Water
- Salt to taste

Method - Pineapple Ginger Puree
- In a medium saucepan place all the ingredients accept the salt, & slowly bring to a simmer.
- Continue to cook on a low heat until the pineapple becomes soft & the mixture becomes thick, stirring regularly.
- Place the mixture into a food processor or blender & puree till smooth. Season to taste & allow to cool.
- Store in a container with a lid.

Complete the Dish
- Place the hot mussels on a serving dish with the pineapple ginger puree & garnish with lime wedges.

Chefs Notes:
Great as a snack or formal styled finger food, the spiced hot crispy texture of the mussels work extremely well with the soft pineapple ginger puree. The salt & pepper seasoning encases & seals the mussels & maintains the juiciness of the Greenshell™ Mussels.
New Zealand Greenshell™ Mussels in a Portuguese Stew
New Zealand Greenshell™ Mussels in a Portuguese Stew

Serves 6

**Ingredients**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>60 mls</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>1 medium</td>
<td>Onion - diced</td>
</tr>
<tr>
<td>4 cloves</td>
<td>Garlic - peeled &amp; crushed</td>
</tr>
<tr>
<td>1 bulb</td>
<td>Fresh Fennel - diced</td>
</tr>
<tr>
<td>1-2</td>
<td>Chorizo Sausage - sliced</td>
</tr>
<tr>
<td>2 tsp</td>
<td>Sweet Paprika</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Cayenne Pepper</td>
</tr>
<tr>
<td>2</td>
<td>Bay Leaves</td>
</tr>
<tr>
<td>125 mls</td>
<td>Dry White Wine</td>
</tr>
<tr>
<td>300 mls</td>
<td>Tomato Juice</td>
</tr>
<tr>
<td>300gms (10.5oz)</td>
<td>Fresh Ripe Tomatoes – rough chopped</td>
</tr>
<tr>
<td>150gms (5.3oz)</td>
<td>Sundried Tomatoes – rough chopped</td>
</tr>
<tr>
<td>200 mls</td>
<td>Chicken Stock</td>
</tr>
<tr>
<td>36</td>
<td>New Zealand Greenshell™ Mussels (Half shell)</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Fresh Lemon Juice</td>
</tr>
<tr>
<td>6 stems</td>
<td>Fresh Coriander - rough chopped leaves and stem</td>
</tr>
</tbody>
</table>

**Method**

- In large, nonreactive stockpot set over medium heat, heat olive oil. Add onions & fennel bulb, cook until soft, about 5 minutes.
- Add garlic and cook for 2 minutes. Add chorizo & cook for 5 minutes. Stir in paprika, cayenne pepper & bay leaves, cook for 1 minute.
- Pour in wine & simmer until it is reduced by half, about 2 minutes.
- Add the tomato juice, chopped tomatoes & sundried tomatoes. Stir in chicken stock. Reduce heat to low and simmer for 20 minutes.
- Add mussels, cover, and simmer for another 5 minutes. Stir in lemon juice, season with salt then add the coriander and parsley. Serve immediately in a large bowl or portion into service bowls.

**Chefs Notes:**

Excellent summer dish with the abundance of good fresh ripe tomatoes which can dominate this dish more by reducing the tomato juice & increasing the amount of fresh tomatoes you put in. However with the use of good quality tinned Roma tomatoes this dish can liven up any winter table. This dish is a perfect shared or banquet styled dish which would be complimented with a warm fresh loaf of bread & good quality extra virgin olive oil.
New Zealand Greenshell™ Mussel Hotdog
New Zealand Greenshell™ Mussel Hotdog

Makes 6-8 hotdogs

Ingredients

- 500 gms (17.5oz) New Zealand Greenshell™ Mussel Meat (cooked) – finely chopped or minced
- 2 Chorizo – quality Spanish if possible – casing peeled off & finely chopped or minced
- 80 gms (2.8oz) Onion – finely diced
- 1/2 clove Garlic - crushed
- 80 gms (2.8oz) Fennel Bulb – finely diced
- 20mls Pernod
- 1 tsp Parsley – finely chopped
- 2 Egg Yolks
- 1 Tbsp Butter
- Salt & fresh ground Black Pepper to taste

Hotdog Batter Ingredients

- 1/2 cup Fine Cornmeal
- 1/2 cup Sifted flour
- 1 tsp Salt
- 1 Egg - beaten
- 1/2 tsp Pepper
- 1/2 cup Milk
- 2 Tbsps Butter - melted

Garnish – chunky tomato sauce, aioli, lime, chunky potato or polenta fries

Method

Mussel Hotdog

- In a sauté pan melt the butter, then add onion, garlic & fennel & fry without color to soften. Add the Pernod & flambé to burn off the alcohol. Place in a mixing bowl & allow to cool.
- Add the mussel meat, chorizo, parsley & egg yolks to the onion mixture, season & mix to combine.
- Place the mussel filling into a suitable piping bag with a wide sausage-filling nozzle on it. Push the sausage casing onto the nozzle & then slowly fill the casings with the mussel filling, being careful not to create air pockets. When all the mixture is gone & the casing is full, squeeze the ends off & then tie the ends. Twist the casing to form 6-8 sausages.
- Hang the sausages in a refrigerator or chiller for 24 hours to allow the casings to dry.
New Zealand Greenshell™ Mussel Hotdog

Hotdog Batter
• Mix cornmeal, flour, salt and pepper in a bowl. Add milk, egg and butter. Stir until smooth.

To Complete the Dish
• in a pot of boiling salted water, blanch the mussel sausages to pre-cook & then allow to cool & cut to separate the individual sausages. Place a wooden stick into each mussel sausage at one end then dip each mussel sausage into batter and drain over the bowl. Deep fry in heated fat or oil for 2 to 3 minutes until golden brown, turning once. Remove from fat and allow to drain, season with salt & serve.
• Garnish (optional) — chunky tomato sauce, aioli, lime, chunky potato or polenta fries.

Chefs Notes:
A novel, unique way to present mussels, the flavors are all encapsulated by this cooking process & creates a fun way of eating. Could be made smaller & used as a bite sized party snack or plated with accompaniments.
Sausage casings should be attainable through your local butcher.
New Zealand Greenshell™ Mussel and King Salmon Guk (Korean Style Soup)
New Zealand Greenshell™ Mussel and King Salmon Guk (Korean Style Soup)

Serves 4

**Ingredients**

- 400 gms (14oz) New Zealand King Salmon fillet (skinned) - diced
- 12 NZ Greenshell™ Mussels
- 50 gms (1.7oz) Dried Cauliflower & Shiitake Mushrooms
- 200 mls Fish Stock
- 2 cups Water
- 1 tsp Sesame Oil
- 1/2 bunch Spinach – washed & rough chopped
- 1 clove Garlic - crushed
- 1 sheet Laver (roasted seaweed – Korean version of nori) – cut into strips
- salt – to taste

**Method**

- Rehydrate the dried mushrooms by soaking in 200 mls boiling water for approx 30 minutes or until they are soft.
- Place a medium sauce/soup pot on the heat & lightly sauté the garlic in the sesame oil.
- Add the mushrooms including the water they were soaked, the fish stock & the water & bring to the boil.
- Finish by adding the salmon & mussels & allowing to simmer for 2-3 minutes, then add the spinach & laver. Season to taste & serve.
- Condiments can be served to the side – bean sprouts, kimchi, Kochujang

**Chefs Note:**

Guk also sometimes known as Tang is a class of soup-like dishes in Korean cuisine. Guk and tang are commonly grouped together and regarded as the same type of dish, although guk is more watery and a basic dish for the Korean table setting, and is usually eaten at home. On the other hand, tang has less water than guk and has been developed for sale in restaurants. This recipe combines 2 of New Zealand’s iconic seafood’s in this traditional dish.
New Zealand Greenshell™ Mussel and King Salmon Haemultong
(Korean Spicy Hot Seafood Stew)
New Zealand Greenshell™ Mussel and King Salmon Haemultong
(Korean Spicy Hot Seafood Stew)
Serves 4

Ingredients
400gms (14oz) New Zealand King Salmon Fillet (skinned) – diced into cubes
12 NZ Greenshell™ Mussels
4 Pak Choi (small)
1/2 cup Daikon Radish, thin sliced
1 Red Chilies (medium heat) – finely sliced
3 Spring Onions – sliced
4-5 stalks Minari (Korean parsley)- rough chopped
6 tbsp Kochujang (red chilli pepper paste)
2 tbsp Kochukaru (red chilli pepper powder)
3 tbsp Garlic
6 cups Fish Stock
3-4 Suk-gat (crown daisy) – rough chopped
Cauliflower & Woodear Mushroom – optional
Salt to taste

Method
- Place the fish stock onto a large soup pot & place on the heat.
- Add kochujang, kochukaru and soy sauce. Bring to a boil.
- Add radish, squash, garlic, chillies & mushrooms, keep cooking on a medium heat for 3-4 minutes.
- Add Salmon and Mussels.
- Heat until fish is completely cooked and add salt to taste.
- Add green onions and parsley.
- Cook for another 1-2 minute and add crown daisy.
- Serve hot with white rice.

Chefs Notes:
Haemultang or spicy seafood stew is one of Korea’s most famous traditional foods. The most important characteristic of good Haemultang is its fresh ingredients. The soup can contain various vegetables such as peppers, mushrooms, onions, bean sprouts, dropwort, leaks, crown daisies and much more, supplementing to its spicy, refreshing deep taste. Its combination gives it a rich flavor and an amazing taste that’s also excellent for your health. It’s definitely known as one of the best savory dish that will surprise your taste buds.

This recipe combines 2 of New Zealand’s iconic seafood’s in this traditional dish.
New Zealand Greenshell™ Mussel Bibimbap with Salmon
New Zealand Greenshell™ Mussel Bibimbap with Salmon

Serves 4

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>400gms (14oz)</td>
<td>New Zealand King Salmon fillet (skinned) - diced</td>
</tr>
<tr>
<td>12</td>
<td>NZ Greenshell™ Mussels – steamed</td>
</tr>
<tr>
<td>1 1/2 cups</td>
<td>Medium Grain Korean Rice</td>
</tr>
<tr>
<td>100gms (3.5oz)</td>
<td>Shiitake Mushrooms – thinly sliced</td>
</tr>
<tr>
<td>1</td>
<td>Red Pepper (Capsicum) - cut into fine strips (julienned)</td>
</tr>
<tr>
<td>2 small</td>
<td>Zucchini – cut into ribbons</td>
</tr>
<tr>
<td>1 cup</td>
<td>Bean Sprouts</td>
</tr>
<tr>
<td>1 clove</td>
<td>Garlic - crushed</td>
</tr>
<tr>
<td>2 tsp</td>
<td>Sesame Oil</td>
</tr>
<tr>
<td>3 Tbsps</td>
<td>Soy Sauce</td>
</tr>
<tr>
<td>1</td>
<td>Egg</td>
</tr>
<tr>
<td>salt</td>
<td></td>
</tr>
</tbody>
</table>

Condiments

<table>
<thead>
<tr>
<th>Item</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kochujang</td>
<td></td>
</tr>
<tr>
<td>Kosari (Fenb rake)</td>
<td>soaked &amp; cooked</td>
</tr>
<tr>
<td>Kimchi</td>
<td></td>
</tr>
</tbody>
</table>

Method

- In a large mixing bowl place the bean sprouts & zucchini, place 2 tsps of salt in the bowl & just cover the vegetables with cold water. Allow to brine for 5 minutes & then strain & rinse.
- In a hot oven heat a large Korean clay pot or earthenware serving dish.
- Cook the rice in a rice cooker or stainless steel pot, keep hot.
- Sauté the shiitake mushrooms & garlic in a little vegetable oil, finish by adding the soy sauce.
- Remove the Korean clay pot or earthenware serving dish from the oven & add the sesame oil to the bottom & swirl around to coat the bottom & sides. Then place the hot rice in the bottom of the dish.
- On top of the rice add the sprouts, zucchini, shiitake mushrooms, red pepper, salmon & mussels.
- Finally crack the egg in the middle of the dish & serve with condiments

Chefs Notes:

Bibimbap is a signature Korean dish. The word literally means "mixed meal" or "mixed rice". Bibimbap is served as a bowl of warm white rice topped with namul (sautéed and seasoned vegetables) and Kochujang (chilli pepper paste). A raw or fried egg and sliced meat (usually beef) are common additions. The ingredients are stirred together thoroughly just before eating. It can be served either cold or hot. In Korea, Jeonju, Jinju, and Tongyeong are especially famous for their versions of bibimbap. It is listed at number 40 on the World’s 50 most delicious foods readers’ poll compiled by CNN Go in 2011.

This recipe combines 2 of New Zealand’s iconic seafood’s in this traditional dish.
New Zealand Greenshell™ Mussel Korean Style Soup (Guksu-jangguk)
New Zealand Greenshell™ Mussel Korean Style Soup (Guksu-jangguk)

4 portions

Ingredients

12 New Zealand Greenshell™ Mussels

500 mls Water or Fish Stock

2 stalks Spring Onion – cut into fine ribbons

1 Red Chilli - diced

1/2 pkt Soba Noodles – cooked as per instructions

6 Shiitake Mushrooms - sliced

Salt & Pepper to taste

Garnish: Kimchi, fine strips of carrot & radish, Korean chilli paste, light soy sauce

Method

- In a medium soup pot add the water/stock & bring to the boil, add the mussels & allow to cook open then remove the mussels from the pot & take the meat from the shell & set aside (any unopened mussel discard as they may be dead & spoilt). Add the shiitake, spring onion & chilli & allow to simmer for 3-4 minutes. Season to taste & add the cooked noodles.

- To Complete the Dish – set out 4 soup bowls, portion the mussels across the bowls, 3 each & then portion out the noodles evenly into each bowl. Ladle out the hot soup over the mussels & noodles ensuring to evenly distribute the vegetables. Serve with garnishes to the side.

Chefs Notes:

This is a very simple dish based on a traditional Korean soup. It has a very plain flavor profile that simply focuses on the main ingredient, which in this case is meaty NZ Greenshell Mussels. Korean chilli paste can be added for extra spice when eating this soup.
New Zealand Greenshell™ Mussels in Pajeon (Korean Spring Onion Pancake)
New Zealand Greenshell™ Mussels in Pajeon (Korean Spring Onion Pancake)

1 large pancake

1 clove garlic - finely minced
Pinch of Red Chilli Flakes

Method
- Pancake Batter - Mix the flour, egg, water, kimchi juice, spring onion & salt in a bowl; stir to form a batter. Allow the mixture to rest for 20 minutes.
- Dipping Sauce - in a mixing bowl add soy sauce, rice vinegar, sugar, chilli & garlic. Mix well & allow to steep for 1 hour.
- Cooking Pancakes - Preheat an oven to 180°C. Heat up a pan and coat with some oil. Ladle the batter onto the pan & add 1/2 the salmon and the chopped greenshell mussels. Pan-fry for a couple of minutes until the bottom surface turns slightly brown, flip it over & then place the remaining salmon and mussels on top of the pancake & bake in the oven until the pancake is just cooked (no liquid movement) & the salmon/mussels are hot. Garnish with kimchi (& coriander) on top or to the side. Plate & serve with the dipping sauce.

Chefs Notes:
Pajeon is a Korean pancake with spring onion (scallion), this version offers the opportunity to add NZ King Salmon and Greenshell Mussels. Traditional Korean flavors coupled with iconic New Zealand seafood matches extremely well.

Ingredients
125gms (4.4oz) Flour – sifted
1 large egg
60 mls Cold Water
2-3 tbls Kimchi Juice
2 stalks Spring Onion (Scallion) - cut into small rounds
1/2 tsp Salt
Canola Oil - for pan-frying

Garnish
150 gms (5oz) New Zealand King Salmon – diced
8 cooked New Zealand Greenshell™ Mussels (4 of the mussels rough chopped)
Kimchi
Fresh Coriander - optional

Dipping Sauce Ingredients
2 Tbsp Korean Soy Sauce
1/2 tsp Rice Vinegar
1/2 tsp Sugar
New Zealand Greenshell™ Mussels Tempura
New Zealand Greenshell™ Mussels Tempura

Makes enough for 24 mussels

**Ingredients**
- 24 New Zealand Greenshell™ Mussels - half shell
- 3 tablespoons minced fresh Ginger
- 2 tablespoons minced Garlic
- 2 tablespoons Tom Yum paste
- 3 tablespoons finely minced Spring Onions
- 3 tablespoons finely chopped fresh Coriander
- 1 Lime (juice and zest)
- 3 cups Tempura Flour
- Ice cold water

**Method**
- Trim the mussels by removing any fibrous tissue from inside the mussel cavity.
- In a bowl, mix the fish sauce and lime juice with the garlic, ginger, coriander, spring onions and tom yum paste. Add the mussels and turn to coat. Marinate for an hour or so.
- Now make the tempura batter. In a bowl, place two cups of the tempura flour and add enough iced water to make a thin batter. Do not over mix - a few lumps are ok.
- Heat a fryer or a pan of vegetable oil. Quickly toss the mussels in the remaining one cup of tempura flour to coat, and then mix into the tempura batter.
- Quickly fry and then place on a paper towel to drain.
- Serve with sesame aioli and lime.

**Sesame Aioli**

**Ingredients:**
- 250gms (9oz) well cooked Potato (allow to cool before use)
- 3 Egg yolks
- 3 tablespoons Lemon juice
- 2 teaspoons minced Garlic
- 1/2 teaspoon finely minced Red Chili
- 1 tablespoon minced Ginger
- 3 tablespoons Soy (light)
- 2 tablespoons Sesame Oil
- 250 mls Vegetable Oil
- Salt, pepper as needed

**Method:**
- In a mixer put in the potato and mash well. Add the lemon juice, garlic, ginger, chili and egg yolk and mix well.

*Note: Use a mixer for this, not a food processor as this will make the potato go tough and gluey.*
New Zealand Greenshell™ Mussels with Asian Salsa
New Zealand Greenshell™ Mussels with Asian Salsa

Makes enough for 24 mussels

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>New Zealand Greenshell™ Mussels - half shell</td>
</tr>
<tr>
<td>100gms (3.5oz)</td>
<td>finely diced Cherry Tomatoes</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>finely minced Garlic</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>finely minced Ginger</td>
</tr>
<tr>
<td>1 piece</td>
<td>finely minced Chili</td>
</tr>
<tr>
<td>1/2 tablespoon</td>
<td>Sesame Oil</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Juice and zest of a Lime</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>fresh chopped Coriander</td>
</tr>
<tr>
<td>6</td>
<td>chopped Green Onion</td>
</tr>
<tr>
<td></td>
<td>Water Chestnuts, peeled and diced</td>
</tr>
</tbody>
</table>

Method

- Steam the mussels until just cooked, set aside and allow to cool.
- For ease in eating, carefully slide a paring knife under the mussel meat to loosen the shell from the abductor muscle, placing the loose meat back onto the shell.
- Mix all salsa ingredients together and spoon onto cold mussels.
- Garnish with ground black sesame seeds.
New Zealand Greenshell™ Thai Mussel Stew
### New Zealand Greenshell™ Thai Mussel Stew

Makes enough for 24 mussels

#### Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>24</td>
<td>New Zealand Greenshell™ Mussels - half shell</td>
</tr>
<tr>
<td>2 cups</td>
<td>diced Pineapple</td>
</tr>
<tr>
<td>12</td>
<td>Cherry Tomatoes</td>
</tr>
<tr>
<td>1 cup</td>
<td>rough chopped Spring Onions</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Tom Yum paste</td>
</tr>
<tr>
<td>3 cups</td>
<td>Coconut Cream</td>
</tr>
<tr>
<td></td>
<td>Cilantro sprigs</td>
</tr>
<tr>
<td></td>
<td>Lime wedges</td>
</tr>
</tbody>
</table>

#### Method

- Remove any fibrous tissue from inside the mussels.
- In a pot, whisk the tom yum with the coconut cream and heat. Whisk well to combine.
- Add the mussels and simmer to warm.
- Add the tomatoes, spring onions and pineapple and heat through.
- To serve, divide between four bowls and garnish with cilantro leaves and a lime wedge.
New Zealand Greenshell™ Mussels with Wasabi Aioli & Hijiki
New Zealand Greenshell™ Mussels with Wasabi Aioli & Hijiki

**Ingredients**

**Wasabi Aioli**
- Yield: 1 Cup/230 ml
- 2 tsps Wasabi Paste
- 2 Tbsp Rice Wine Vinegar
- 1 Cup Japanese Mayonnaise
- To taste Sea Salt
- To taste White pepper

**Roasted Peanut Vinaigrette**
- Yield: 1 Cup/230 ml
- 1/8 Cup Ginger peeled and minced
- 1/3 Cup Rice Vinegar
- 2 tsps Peanut Butter, smooth
- 2/3 Cup Roasted Peanut Oil
- To taste Sea Salt

**Hijiki Salad**
- 1 Cup Hijiki
- 1 Tbsp Roasted Peanut Vinaigrette

**Additional ingredients required for assembly**
- 6 each New Zealand Greenshell™ Mussels, cooked
- 6 tsps Sweet Soy

**Method**

**Wasabi Aioli**
- Combine wasabi paste and rice wine vinegar in bowl.
- Whisk until smooth.
- Whisk in Japanese mayonnaise
- Season to taste and reserve.

**Roasted Peanut Vinaigrette**
- Combine ingredients in bowl.
- Whisk until smooth and reserve.

**Hijiki Salad**
- Place Hijiki in a bowl.
- Add the Roasted Peanut Vinaigrette and toss.
- Cover with plastic wrap and reserve in refrigerator.

**To Serve**

**Assembly**
- Yield: 1 Serving
- 6 each New Zealand Greenshell™ Mussels, cooked
- 6 Tbsp Hijiki Salad
- 6 Tbsp Wasabi Aioli
- 6 tsps Sweet Soy
- Separate mussels from half shell using a sharp knife.
- Put Hijiki Salad in shells.
- Put mussels back in shells.
- Arrange on plates.
- Spoon Wasabi Aioli on each mussel.
- Dot tops of mussels with sweet soy.
- Serve immediately.

Recipe Photography: Patrick McDonnell Photography
www.patrickmcdonnellphotography.com
New Zealand Greenshell™ Mussels in a Coconut Curry Sauce
New Zealand Greenshell™ Mussels in a Coconut Curry Sauce

4 portions

Ingredients
40 NZ Greenshell™ Mussels (Frozen 1/2 shell) – defrost in a container & reserve any juice that comes from defrosting for the sauce.
2 Tbsps Madras Curry – see recipe
300 mls Coconut Cream
1 Lime - juice

Garnish – Fresh Coriander, Red (mild) Chillies – thinly sliced

Madras Curry Paste Ingredients
2 Tbsps Butter
100gms (3.5oz) Shallots – finely diced
2 cloves Garlic – finely diced
1 Tbsp Fresh Ginger – grated
200gms (7oz) Tomato Puree

Spices
1/2 tsp Ground Cumin
1/2 tsp Ground Coriander
1/2 tsp Ground Caraway

1/2 tsp Black Pepper
1/2 tsp Chilli Powder (to your own taste)
1 tsp Tumeric Powder
1/2 tsp Ground Fenugreek Seeds
2 tsp Garam Masala
1/2 tsp Salt

Method
- Madras Curry Paste - In a non-stick fry pan over a medium heat melt the butter & slowly cook the shallots, garlic & ginger without color. This should take a few minutes, reduce the heat to low then add all the spices & continue to slowly cook for another 4-5 minutes constantly stirring. Add the tomato puree & allow to slowly reduce to 1/2 the volume. Remove from the heat & allow to cool. Store in a sealed container (glass is best).
- To Complete the Dish – place a large fry pan/pot with a lid (whatever your choice of cooking utensil it will need to take 40 mussels) on a medium high heat & place the 2 Tbsps of madras curry paste in the pan with the coconut cream & bring to a simmer. Place the mussels into the pot with the reserved mussel juice & place the lid on the fry pan/pot. Bring the sauce up to a boil & allow to cook with the lid on for 1 minute. Carefully remove the lid & portion 10 mussels per plate. Taste & season the sauce as required then evenly distribute the sauce across all the plates. Squeeze lime juice over the mussels & garnish with coriander & sliced chilli. Option – serve with a side of sweet potato fries.

Chefs Notes:
You can obviously purchase a store brought curry but making your own allows you to adjust the spices to suit your own taste & has a certain amount of satisfaction & achievement. This dish could also be served in a larger bowl & served as a shared dish. Sweet potato fries offer a sweet textural side dish that complements the flavors. For best results purchase whole spices & grind them as required to maintain flavor integrity.
New Zealand Greenshell™ Mussel Wraps with Vietnamese Peanut Sauce
New Zealand Greenshell™ Mussel Wraps with Vietnamese Peanut Sauce

Serves 4 (2 portions each with or without rice paper)

Ingredients - wraps
8 New Zealand Greenshell Mussels - steamed cooked & chilled
1 Carrot – peeled & cut into fine thin strips (julienne)
1/2 Cucumber – peeled, seeded & cut into fine thin strips (julienne)
1/2 Red Capsicum - cut into fine thin strips (julienne)
12 Chive stems – cut into 5cm lengths
8 Lettuce – small tender leaves that are cup shaped (Gem or baby Cos lettuce)
10 Mint Leaves – rough chopped
8 Rice Paper (round sheets)

Method
Mussel Lettuce Wraps
- The lettuce wraps work well when you have selected small tender leaves that form a cup shape & can easily be picked up & rolled in your hands as you eat. The size should be approximately 3 bites maximum.
  - In a bowl mix the carrot, cucumber, red capsicum, chives & mint.
  - Place the 8 lettuce leaves/cups out on a serving tray.
  - Portion evenly the carrot, cucumber, red capsicum, chives & mint across the 8 lettuce leaves/cups, then place the mussels on top of the vegetables.
  - Serve with the Vietnamese Peanut Sauce (see recipe).

Mussel Lettuce Rice Paper Wrap
- Follow the same method as lettuce wraps (as above), this will take you to the point where they can be rolled in rice paper.
  - To prepare the rice paper for rolling ensure you have a bowl or container that will fit the rice paper sheets in laying flat & make sure it is 1/2 filled with room temperature water.
  - Soak 1 or 2 rice paper sheets at a time allowing to soak completely covered for 1-2 minutes or until they become soft & pliable. Remove from the water & blot dry with a clean dry tea towel, then lay the rice paper on a dry flat surface ready to roll.
  - Take the mussel lettuce wrap & roll it up tighter so the lettuce completely wraps the other ingredients, then lay the lettuce wrap on the bottom edge of the rice paper (assuming you are standing in front of it this would be the edge closest to you). Begin to tightly roll the rice paper forward over the lettuce until it is completely covered with rice paper & then fold the left & right ends in to envelope the roll. Continue to finish the roll maintaining a tight firm roll. Repeat the process with the remaining rice paper sheets & filling ingredients. As you make each roll, soak 1-2 rice paper sheets to save time waiting for them to hydrate.
  - To serve you can leave the rolls whole or cut into bite size pieces serve with the
New Zealand Greenshell™ Mussel Wraps with Vietnamese Peanut Sauce

**Ingredients**
- **Vietnamese Peanut Sauce (Nuoc cham dau phong)**
  - Makes 350 gms (12oz)
  - **Peanut sauce**
    - 2 Tbsp Vegetable Oil
    - 1 large Garlic clove – peeled & finely chopped
    - 120 gms (4oz) Dry-roasted Peanuts – unsalted & roughly chopped
    - 230 mls Chicken Stock
    - 230 mls Unsweetened Coconut Milk
    - 50 mls Tamarind Concentrate
    - 2 Tbsp Fish Sauce
    - 50 mls Hoisin Sauce
    - 3 Tbsp Palm Sugar or Standard Sugar
    - 2 Fresh Red Chillies – deseeded & finely chopped.

**Method**
- Heat the oil in a small to medium size saucepan over a high heat, add the garlic & sauté until it starts to color.
- Add the peanuts & reduce the heat to low, slowly cook the peanuts until they become a shade darker (this helps to release the natural oils).
- Add the stock, coconut milk, tamarind concentrate, fish sauce, hoisin sauce, sugar & chillies, increase the heat & bring the sauce to a boil then allow to simmer for approximately 30 minutes or until reduced by half. Remove from heat & allow to cool.

**Chefs Notes:**
This recipe couples a classic Vietnamese dish with an iconic New Zealand seafood, creating a healthy, fresh & nutritious snack or meal. The flavor profile of mussel works very well with peanuts & the overall texture variation of this dish makes for a pleasurable eating experience.
New Zealand Greenshell™ Mussel Cakes
New Zealand Greenshell™ Mussel Cakes

Makes 20 canapés

Ingredients

- 500gms (17.5oz) New Zealand Greenshell™ Mussels - half shell (Meat diced - shells retained for serving)
- 2 tablespoons Olive oil
- 2 stalks Celery stalks, very finely chopped
- 2/3 cup Onion, finely chopped
- 2 2/3 cups Dry white Bread Crumbs
- 1/4 cup fresh Chives - chopped
- 2 tablespoons fresh Parsley - chopped
- 6 tablespoons All-purpose Flour
- 3 Eggs
- 1/2 cup Mayonnaise

Method

- Heat 2 tablespoons olive oil in a heavy large skillet over medium heat. Add celery and onion, sauté until tender, about 5 minutes.
- Transfer to large bowl. Stir in mussels, 2/3 cup breadcrumbs, chopped chives, parsley and mayonnaise.
- Season mixture to taste with salt and pepper. Mix very gently so not to crush all the mussels.
- Using around 1/3 cup mixture for each cake, form into twelve 2 1/2 inch diameter cakes. Arrange cakes on baking sheet. Chill for at least one hour.

Chef’s Note: The mussel cakes (up to this point) and the mayonnaise can all be made one day ahead of when required.

- Place flour in small bowl. Whisk eggs to blend in another small bowl. Place remaining 2 cups bread crumbs in medium bowl. Coat each cake with flour. Dip into beaten egg, then into breadcrumbs, coating completely.
- Heat 1 tablespoon vegetable oil in large skillet over medium heat.

Chefs Note: Be sure the oil and skillet are hot when you add the mussel cakes or food may stick. Avoid the temptation to flip too soon, before they have a chance to set somewhat and obtain some structure.
- Add cakes in batches, cook until golden brown and heated through, adding more oil as necessary, about 5 minutes per side.
- Serve the mussel cakes with a flavored mayonnaise of your choice.
New Zealand Greenshell™ Mussel lettuce parcels with Thai style dressing
New Zealand Greenshell™ Mussel lettuce parcels with Thai style dressing

Makes approx 15 canapés

**Ingredients**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>New Zealand Greenshell™ Mussels - half shell</td>
</tr>
<tr>
<td>50gms (1.7oz)</td>
<td>Carrot - julienne</td>
</tr>
<tr>
<td>50gms (1.7oz)</td>
<td>Mung Bean Sprouts</td>
</tr>
<tr>
<td>50gms (1.7oz)</td>
<td>Red Capsicum - julienne</td>
</tr>
<tr>
<td>20gms (0.7oz)</td>
<td>Peanuts - rough chopped</td>
</tr>
<tr>
<td>20gms (0.7oz)</td>
<td>Spring Onions - julienne</td>
</tr>
<tr>
<td>15gms (0.5oz)</td>
<td>Dried Banana Chips - rough chopped</td>
</tr>
<tr>
<td>15</td>
<td>Young Small Lettuce Leaves (small boat shape)</td>
</tr>
</tbody>
</table>

**Dressing**

- 1/2 Red Chilli (medium heat) chopped
- 1/2 Garlic Clove - chopped
- 1 teaspoon Fresh Ginger - fine grated
- 5 Fresh Coriander Leaves & Stem
- 20mls Light Soy Sauce
- 20gms (0.7oz) Palm Sugar (if unavailable use brown sugar)
- 1 teaspoon Nam Pla (Thai Fish Sauce)
- 1 Lime - juice only

**Method - Dressing**

- Mix chilli, garlic, ginger and coriander and using a mortar and pestle or blender, crush until you have a rough paste. (Alternatively, chop all as finely as possible.)
- Add sugar in small amounts until dissolved.
- Add fish sauce and lime juice to taste.

**Method**

- Steam the mussels until just cooked, set aside and allow to cool.
- Mix all other ingredients except the lettuce and mussels in a bowl.
- Place the mixture into individual lettuce leaves so that the lettuce cradles the mixture making it easy to pick up as a wrap. The mussel shell can also act as a natural cradle to support the mussel lettuce parcel.
- Place the whole mussel on top and lightly dress with the dressing.
New Zealand Greenshell™ Mussel Yakitori
New Zealand Greenshell™ Mussel Yakitori

Makes 12 canapés

**Ingredients**

12 New Zealand Greenshell™ Mussels- half shell
2 Nori sheets
12 Bamboo skewers (soaked in water to prevent burning)

**Tare/Yakitori Glaze**

1 tablespoon Sugar
2 tablespoons Sake
3 tablespoons Mirin
3 tablespoons Soy Sauce

**Method**

- Remove the mussels from the shell.
- Cut 12 strips of nori (big enough to wrap around the mussel twice).
- Wrap the bottom half of the mussel with the nori & then skewer with the pre-soaked bamboo sticks.
- Grill the mussels over a grill/BBQ/Yakitori grill or hot coals, basting them lightly with the Tare/Yakitori Glaze. Turn them regularly to prevent them burning. They will only take approx 1-2 minutes to cook through depending on the heat of the grill.
- When cooked place the mussels on a suitable serving dish & baste them one more time before serving.
- Serve with a dipping bowl of the remaining Tare/Yakitori Glaze & some lemon wedges.
New Zealand Greenshell™ Mussel ‘Mac & Cheese’
New Zealand Greenshell™ Mussel ‘Mac & Cheese’

Makes 40 individual Mussel Canapés

Ingredients

- 100gms (7oz) New Zealand Greenshell™ Mussel Meat
- 40 additional Greenshell™ Mussels in half shell to serve
- 1 stick Celery
- 1 Carrot, diced
- 1 small Red onion, diced
- 100mls Heavy Cream
- 200gms (7oz) uncooked elbow Macaroni
- Water to boil
to taste Salt
- 30gms (1oz) Parmesan, grated
- 30gms (1oz) Breadcrumbs (plain dry)

Method

- Heat a large pot of water until it reaches a rolling boil. Add enough salt to make the water taste of the sea. Add macaroni elbows and cook for 6 minutes or until tender. Drain water from pot and reserve pasta.
- In a separate pot, heat cream. Add finely diced onion, celery and carrot. Cook for a further 4 minutes until the vegetables have imparted their flavor. Add cheese and reduce heat to a gentle simmer. Add cooked macaroni elbows, remove from heat and add the mussel meat. Allow the mix to cool.
- Stuff the cooled mixture into additional mussels or serve the macaroni mix in reserved mussel shells. Sprinkle with parmesan and breadcrumbs and heat under a hot grill for 1-2 minutes before serving.
New Zealand Greenshell™ Mussels with Macadamia, Chive & Citrus Kelp Crust
New Zealand Greenshell™ Mussels with Macadamia, Chive & Citrus Kelp Crust

Serves 4

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>12</td>
<td>New Zealand Greenshell™ Mussels - half shell</td>
</tr>
<tr>
<td>250gms (9oz)</td>
<td>Macadamia nuts (sliced &amp; toasted)</td>
</tr>
<tr>
<td>10gms (0.4oz)</td>
<td>Lemon kelp seasoning or substitute with a quality lemon pepper &amp; wakame</td>
</tr>
<tr>
<td>1</td>
<td>Orange zest (fine) from a single orange</td>
</tr>
<tr>
<td>6</td>
<td>Chive spears (finely cut)</td>
</tr>
<tr>
<td>150gms (5oz)</td>
<td>Butter (softened)</td>
</tr>
</tbody>
</table>

Method

- Combine macadamia nuts, lemon kelp seasoning, orange zest and chives in a bowl & mix well, add butter & mix to combine.
- Loosen the mussel meat from the shell for ease of service. Top the mussel with the crust, evenly covering the mussel meat.
- Toast the crusted mussels under a hot grill (or bake in a hot oven) until the crust is toasted & the mussel is hot (1-2 minutes). Serve hot on a plate or platter (optional garnish - lemon wedges).
New Zealand Greenshell™ Mussel chowder on the half shell
New Zealand Greenshell™ Mussel chowder on the half shell

Makes enough for 30 portions

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>50</td>
<td>New Zealand Greenshell™ Mussel - half shell (meat diced, shells reserved)</td>
</tr>
<tr>
<td>250mls</td>
<td>Chicken stock</td>
</tr>
<tr>
<td>1 small</td>
<td>Green Pepper, diced</td>
</tr>
<tr>
<td>1 small</td>
<td>Red Pepper, diced</td>
</tr>
<tr>
<td>1 small</td>
<td>Onion, diced</td>
</tr>
<tr>
<td>1 stick</td>
<td>Celery, diced</td>
</tr>
<tr>
<td>2 large</td>
<td>Potatoes, small cubed</td>
</tr>
<tr>
<td>1/4 cups</td>
<td>Flour</td>
</tr>
<tr>
<td>1/4 teaspoon</td>
<td>Mace, ground</td>
</tr>
<tr>
<td>1/2 teaspoon</td>
<td>White pepper</td>
</tr>
<tr>
<td>Pinch</td>
<td>Nutmeg</td>
</tr>
<tr>
<td>150mls</td>
<td>Heavy Cream</td>
</tr>
<tr>
<td>150mls</td>
<td>Full Cream Milk</td>
</tr>
<tr>
<td>1 tablespoon</td>
<td>Sherry</td>
</tr>
</tbody>
</table>

Method

- In a large soup pan, add 200ml of chicken broth, red pepper, green pepper, onion, celery and potatoes; then simmer until potatoes are slightly soft.
- In the remaining 50ml of chicken stock, mix in the flour and add it to the potato mixture. Add the corn, mace, white pepper and nutmeg. On a low heat, slowly stir in the heavy cream, full cream milk, sherry and mussels. Allow to simmer for 15 minutes. Finish the chowder with chopped chives.
- Steam the half shell mussels until just cooked.
- Loosen the mussel meat from the shell, setting aside the meat for the moment.
- Fill each shell with the chowder mixture.
- Add mussel meat back to shell on top of chowder and garnish.
NZ Greenshell™ Mussels with Apple, Radish & Split Pea Salad
New Zealand Greenshell™ Mussels with Apple, Radish & Split Pea Salad

Serves 4

Ingredients

12 New Zealand Greenshell™ Mussels - half shell
1 Green apple (fine julienne)
4 large Red Radishes (fine julienne)
100gms (3.5oz) Yellow Split Peas
1 Lemon (juice only)
1 small bunch Micro watercress (or watercress finely chopped)
1 tablespoon Avocado oil
to taste Salt & ground white pepper

Method

- Wash & soak yellow split peas for approx two hours, rinse & dry slightly then deep or shallow fry in oil. Allow to drain on an absorbent paper towel & season with salt & pepper.
- Loosen the mussel meat from the shell for ease of service.
- In a mixing bowl toss the apple with the lemon juice then add the radish & watercress, dress with avocado oil. Season to taste then add the fried yellow split peas.
- Dress the top of the mussels with the salad.
- Serve cold on a plate or platter – optional accompaniment is ponzu sauce or sweet miso dressing.
NZ Greenshell™ Mussels with chilled leek, potato & saffron soup
New Zealand Greenshell™ Mussels with chilled leek, potato and saffron soup

Makes enough for 20 portions

Ingredients

20 New Zealand Greenshell™ Mussels - half shell
3 sheets Nori paper (cut into strips)
1 Tomato (blanched, peeled & finely diced)
4 Chive spears (finely cut)
20 Bamboo cocktail forks
20 Shot glasses

Ingredients - Soup

10gms (3oz) Onion (sliced)
40gms (1.5oz) Leek (white part – chopped)
15gms (1/2oz) Butter
500mls Vegetable stock
200gms (7oz) Potatoes (peeled & sliced)
6 threads Saffron
125mls Cream
to taste Salt & Pepper

Method

- Sweat onions & leek in butter; add the stock, potatoes & saffron. Simmer for 30-40 minutes until ingredients are soft.
- Blend soup in a liquidizer & pass through a fine strainer. Return to a clean pot & reboil, season, remove from the heat & stir in the cream. Correct the consistency, flavor and then chill.

To Serve

- Individually wrap the mussels with the nori strip, then insert the bamboo fork lengthways through the mussel meat.
- Mix the diced tomato with the cut chives.
- Three quarter fill the shot glasses with the leek potato & saffron soup. Drop a small amount of the tomato garnish on top of the soup.
- Rest a mussel on top of each glass and top with a small amount of tomato garnish.
New Zealand Greenshell™ Mussels Brown Butter Pizzetta
New Zealand Greenshell™ Mussels Brown Butter Pizzetta

Ingredients

Grilled Flatbread
Yield: 1 - 8” x 4” Flatbread crust
1 1/2 oz Pizza dough - frozen generic, (45 grams) thawed

Cipolini Onion Confit
Yield: 4 Cups/32 oz./950 ml.
1/4 Cup Unsalted Butter
3 Tbsp Granulated Sugar
1 1/2 tsp Lite Soy Sauce
1 Tbsp Apple Cider Vinegar
4 Cups Cipolini Onions, blanched and peeled
1 tsp White Pepper, freshly ground

Walnut and Mustard Vinaigrette
Yield: 2 1/2 Cups/20 oz./590 ml.
1/2 Cup Sherry Vinegar
2 Tbsp Granulated Brown Sugar
2 tsp Dijon Mustard
4 tsp Shallots, freshly peeled and minced

1 Cup Canola Oil
1/2 Cup Walnut Oil
To Taste Sea Salt
To Taste White Pepper

Saffron Aioli
Yield: 1 1/4 Cup/10 oz./295 ml
2 Tbsp Hot Water
1/4 tsp Saffron powder
2 tsps Garlic, freshly peeled and finely minced
2 tsps Fresh Lemon Juice
1 Cup Mayonnaise
To Taste Sea Salt
To Taste White Pepper

Brown Butter Mussels
Yield: 1 Serving
1 1/2 Tbsp Unsalted Butter
6 each New Zealand Greenshell™ Mussels
To Taste Sea Salt
To Taste Fresh Lemon Juice

Additional ingredients required for assembly
1 Cup Rocket leaves

Method

Grilled Flatbread
- Lay room temperature dough on cutting board.
- Dust surface lightly with all purpose flour.
- Turn over and roll in one direction to make an elongated oval 8” by 4”.
- Transfer to sheet pan lined with paper.
- Cover with plastic wrap.
- Refrigerate 30 minutes to allow elasticity to relax so dough wont shrink when grilled.
- Grill dough on either side to mark.
- Transfer to sheet pan lined with paper.
- Cover with plastic wrap.
- Reserve in refrigerator until needed.
New Zealand Greenshell™ Mussels Brown Butter Pizzetta

Cipolini Onion Confit
- Combine butter and sugar in saucepan over medium heat.
- Add onions and caramelize.
- Reduce heat, add soy and vinegar; cover and simmer until sugar is syrupy and onions are soft.
- Transfer to food processor and pulse until chunky.
- Season with pepper and stir well.
- Cool.
- Transfer confit to clean container.
- Cover container with plastic wrap.
- Hold under constant refrigeration.

Walnut and Mustard Vinaigrette
- Place all ingredients into a blender except oil and salt and pepper.
- Puree until smooth.
- Add oils slowly with blender on low.
- Season to taste.
- Using funnel transfer vinaigrette to plastic squeeze bottles.
- Hold under constant refrigeration.
  *Chefs Note - Let Vinaigrette reach room temperature just before service so oil loosens to pourable consistency.*

Saffron Aioli
- Combine saffron and water and let steep until water turns brilliant orange.
- Combine garlic, lemon juice and mayonnaise in processor bowl and pulse until smooth.
- Add saffron and pulse until color is uniform.
- Season to taste.
- Using funnel transfer aioli to plastic squeeze bottles.
- Hold under constant refrigeration.

Brown Butter Mussels
- Heat cast iron skillet until very hot.
- Add butter and cook until foaming and turning gold.
- Add mussels and toss to coat about 30 seconds - the butter should be nutty brown - if you overcook it will have black spots.
- Remove from heat.
- Season with sea salt and lemon juice
- Hold in the butter.
  *Chefs Note: Mussels should be cooked immediately before serving each Pizzetta. Do not overcook butter!*
New Zealand Greenshell™ Mussels Brown Butter Pizzetta

To serve
Assembly
Yield: 1 Serving
1 each Grilled Flatbread
1 1/2 Tbsp Cipolini Onion Confit
1 Cup Rocket leaves
1 1/2 Tbsp Walnut and Mustard Vinaigrette
To Taste Black Pepper, freshly ground
2 Tbsp Saffron Aioli
6 each Brown Butter Mussels, hot

- Heat Grilled Flatbread in 400°F/200°C oven for 2 minutes.
- Lay flatbread on cutting board.
- Brush surface with Cipolini Onion Confit.
- Transfer flatbread to plate.
- Place Rocket in Bowl and add Walnut and Mustard Vinaigrette.
- Season with black pepper and toss.
- Lay rocket on flatbread.
- Drain mussels on paper towel.
- Arrange mussels on flatbread.
- Drizzle with Saffron Aioli.
- Serve immediately.

Recipe Photography: Patrick McDonnell Photography
www.patrickmcdonnellphotography.com
New Zealand Greenshell™ Mussels Catalan
New Zealand Greenshell™ Mussels Catalan

Ingredients

Lemon Infused Spanish Olive Oil
Yield: 1 1/2 Cups/12 oz./350 ml
1 Cup Spanish Olive Oil
1/2 Cup Extra Virgin Olive
1/2 Cup Fresh Lemon Zest
4 Each Lemon Quarters

Fennel Sauté
Yield: 1 Cup/8 oz./240 ml
1 Tbsp Shallots, peeled and minced
1 tsp Garlic, peeled and minced
1 Cup Fennel, shaved
1 tsp Pernod
1 Tbsp Parsley
To Taste Sea Salt
To Taste White Pepper

Romesco Base
Yield: 1 1/2 Cups/8 oz./240 ml
1 1/2 Cups Roasted Bell Peppers, stemmed, seeded, peeled

1 tsp Anchovies
1 Tbsp Sherry Vinegar
2 tsps Sriracha or Spanish Hot Sauce
1 tsp Dijon Mustard
1/2 Cup Fresh Basil
2/3 Cup Almonds, peeled
2 tsps Sea Salt
1/2 tsp Black Pepper

Romesco Aioli
Yield: 1 1/2 Cups/12 oz./350 ml
1/2 Cup Romesco Base
1 Cup Mayonnaise

Black Spanish Olive Rillette
Yield: 1/2 Cups/4 oz./120 ml
1 tsp Black Spanish Olives, seeded and chopped
2 tsps Capers
2 tsps Extra Virgin Olive Oil
1 tsp Fresh Lemon Zest, minced
To Taste Black Pepper, freshly ground

Additional ingredients required for assembly
6 mussels per serving - New Zealand Greenshell™ Mussels (frozen half shell)
Panko Bread Crumbs
Country Bread, thinly sliced, quartered, toasted
Fresh Parsley Leaves, chopped

Method

Lemon Infused Spanish Olive Oil - method
- Combine all ingredients in a non-reactive saucepan over medium heat. Bring oil to 200°F or 93°C.
- Remove from heat and let sit for 3 hours.
- When cool, pass through fine Chinois into a clean container. Discard solids and
New Zealand Greenshell™ Mussels Catalan

cover container with plastic wrap.
- Hold at room temperature.

Fennel Sauté - method
- Heat butter in a non-reactive sauté pan over medium heat.
- Add shallots and garlic - sweat 1 minute.
- Add fennel and Pernod and sauté until fennel is al dente.
- Add parsley - sauté 30 seconds.
- Remove from direct heat. Season to taste.
- Reserve, keeping warm.

Romesco Base - method
- Combine all ingredients in food processor or blender. Puree until smooth.
- Transfer to clean container. Cover with plastic wrap.

Romesco Aioli - method
- Combine Romesco Base and mayonnaise.
- Using funnel transfer aioli to plastic squeeze bottles. Hold under constant refrigeration.

Black Spanish Olive Rillette - method
- Combine olives, garlic, lemon zest and olive oil in bowl. Season with black pepper to taste.
- Transfer to clean container. Cover with plastic wrap.
- Hold under constant refrigeration.

To Serve

Assembly
Yield: 1 Serving
6 each New Zealand Greenshell™ Mussels
6 Tbsp Lemon Infused Spanish Olive Oil
1 Tbsp Panko Bread Crumbs
2 quarters Black Spanish Olive Rillette
6 tsp Country Bread, thinly sliced, quartered, toasted
6 tsp Fresh Parsley Leaves, chopped

- Separate mussels from half shell using a sharp knife. Put mussels back in shells.
- Drizzle Lemon Infused Spanish Oil on mussels
- Scatter each mussel with Fennel Sauté and Panko and roast in 400°F or 205°C oven until crumbs turn golden brown and Fennel Sauté is warm.
- Arrange in large bowl. Scatter with parsley.
- Butter grilled country bread with Black Spanish Olive Rillette, slice in half and arrange on side of plate.
- Serve immediately.

Recipe Photography:
Patrick McDonnell Photography
www.patrickmcdonellphotography.com
New Zealand Greenshell™ Mussels Provençal
New Zealand Greenshell™ Mussels Provençal

**Ingredients**

**Sancerre Sauce**
- Yield: 6 Cups/40 oz./1180 ml
- 2 Cups Sancerre White Wine
- 6 Cups Mussel Broth
- 1 Tbsp Garlic, freshly peeled and minced
- 4 Tbsps Shallots, diced
- 1/2 Cup Fennel, shaved
- 1 Cup Crème Fraiche
- 1 Cup Unsalted Butter, cubed
- To Taste Sea Salt
- To Taste White Pepper, freshly ground
- To Taste Fresh Lemon Juice

**Poaching Stock**
- Yield: 1 Quart (4 cups)
- 1 Cup Dry White Wine
- 3 Cups Water
- 2 x Quarters Small White Onion, peeled and quartered
- 8 x 4 inch Parsley stems with leaves
- 3 each Cloves
- 2 each Bay Leaf
- 1/2 tsp Sea Salt
- Additional ingredients required for assembly
  - 6 each New Zealand Greenshell™ Mussels in shells
  - 6 tps Fresh Parsley Leaves, chopped

**Method**

**Sancerre Sauce**
- Combine all ingredients in a non-reactive saucepan over medium heat.
- Cook to reduce by 50%.
- Add lemon juice and crème fraiche.
- Whisk in butter.
- Season.
- Hold keeping warm.

**Chefs Note:** If mussel broth is not available you can substitute chicken stock.

**Poaching Stock**
- Combine all ingredients in a non-reactive saucepan.
- Bring to simmer
- Hold for warming mussels.

**Assembly**
- Yield: 1 Serving
- 6 each New Zealand Greenshell™ Mussels in shells
New Zealand Greenshell™ Mussels Provençal

1 1/2 Cups Sancerre Sauce, heated
6 tsps Fresh Parsley Leaves, chopped

- Separate mussels from half shell using a sharp knife.
- Warm mussels in poaching stock.
- Put mussels back in shells.
- Place in warm bowl and cover with warm Sancerre Sauce.
- Scatter with parsley.
- Butter grilled country bread arrange on side of bowl.
- Serve immediately.

Recipe Photography:
Patrick McDonnell Photography
www.patrickmcdonnellphotography.com
New Zealand Greenshell™ Mussels Rinconcito
New Zealand Greenshell™ Mussels Rinconcito

Ingredients

Black Bean Sofrito
Yield 2 Cups/16 oz/475 ml
1/4 Cup Olive Oil
1 tsp Garlic, freshly peeled and minced
1/4 Cup Yellow Onions, peeled and minced
1/4 Cup Poblano Peppers, stemmed, seeded and minced
1 Tbsp Tomato Paste
1 each Bay Leaf
2 each Oregano Sprigs
1/2 Cup Black Beans, cooked
1/4 Cup Chicken Stock
To Taste Sea Salt
To Taste Black Pepper

Green Garlic Butter
Yield 2 1/4 Cups/18 oz/530 ml
2 Cups Unsalted Butter, at room temperature, diced
1/2 Cup Green Garlic, minced
To Taste Sea Salt
To Taste White Pepper

Shrimp, Tomato and Red Onion Pico
Yield 3/4 Cup/6 oz/175 ml
1/2 Cup White shrimp, poached al dente, shelled and sliced
1/2 Cup Red Tomatoes, seeded and diced
1/4 Cup Red Onion, peeled and diced
1 Tbsp Lemon Zest, fine
2 tsps Mint Leaves, minced
1 Tbsp Cilantro, minced
To Taste Sea Salt
To Taste Black Pepper, freshly ground
To Taste Fresh Lime Juice

Charred Cuban Red Bell Pepper Aioli
Yield 1 1/2 Cups/12 oz/350 ml
1/4 Cup Roasted Bell Peppers, stemmed, seeded, peeled
1 tsp Capers
1 1/4 Cups Mayonnaise
To Taste Sea Salt
To Taste Black Pepper

Additional ingredients required for assembly (per serve)
6 each New Zealand Greenshell™ Mussels cooked
New Zealand Greenshell™ Mussels Rinconcito

Method

Black Bean Sofrito - method
- Heat oil in skillet over medium heat.
- Add garlic, onions and peppers and sauté until they soften - about 5 minutes.
- Add tomato paste, bay leaf and oregano sauté 3 minutes, stirring as needed.
- Add beans, stock, cilantro, bay leaf and oregano and cook 5 minutes.
- Remove bay leaf and oregano sprigs.
- Transfer beans to food processor and pulse to break up texture - do not puree!
- Cool and transfer to clean container. Cover with plastic wrap and refrigerate.

Chefs Note: A Sofrito is a Spanish or Latin version of a stir fry of ingredients.

Green Garlic Butter - method
- Combine ingredients in a food processor.
- Pulse until smooth - do not overwork or butter will break.
- Lay a parchment paper sheet on work surface

- Lay butter down one side
- Roll into a log shape - with a diameter of 1 1/2″/4 cms.
- Twist ends tight to compress butter.
- Roll in plastic wrap and refrigerate
- Hold under constant refrigeration.

Shrimp, Tomato and Red Onion Pico - method
- Combine ingredients in bowl and mix together.
- Season with sea salt, black pepper and lime juice.
- Transfer to clean container. Cover with plastic wrap.

Charred Cuban Red Bell Pepper Aioli - method
- Combine peppers, capers and mayonnaise in food processor or blender.
- Puree until smooth.
- Using funnel transfer aioli to plastic squeeze bottles.
- Hold under constant refrigeration.

Chefs Note: For additional heat substitute roasted red Fresno peppers for 1/2 of the red bell pepper measurement.

To Serve

Assembly
For 1 Serving
6 each New Zealand Greenshell™ Mussels cooked
6 Tbsp Black Bean Sofrito
6 tsp Green Garlic Butter
6 Tbsp Shrimp, Tomato and Red Onion Pico
6 tsp Charred Cuban Red Bell Pepper Aioli

- Heat oven to 400°F/200°C.
- Separate mussels from half shell using a sharp knife.
- Divide Black Bean Sofrito between shells.
- Put a mussel on top of each.
- Top each with Green Garlic Butter.
New Zealand Greenshell™ Mussels Rinconcito

- Roast in oven until warm.
- Remove from oven. Top each mussel with the Shrimp, Tomato and Red Onion Pico.
- Arrange mussels in shells in a bowl or plate.
- Drizzle with Charred Cuban Red Bell Pepper Aioli.
- Serve immediately.
New Zealand Greenshell™ Mussels in Coconut Milk with Ginger and Cilantro
New Zealand Greenshell™ Mussels in Coconut Milk with Ginger and Cilantro

Serves 4

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lbs (1kg)</td>
<td>New Zealand Greenshell™ Mussels - half shell</td>
</tr>
<tr>
<td>2 inch</td>
<td>piece Lemon grass</td>
</tr>
<tr>
<td>2</td>
<td>cloves Garlic (minced)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Ginger (grated)</td>
</tr>
<tr>
<td>1</td>
<td>Onion small (julienne)</td>
</tr>
<tr>
<td>1</td>
<td>Bell pepper red (julienne)</td>
</tr>
<tr>
<td>2 teaspoons</td>
<td>Vegetable oil</td>
</tr>
<tr>
<td>1 can</td>
<td>Coconut milk</td>
</tr>
<tr>
<td>1-1/2 teaspoons</td>
<td>Thai green curry (recipe follows)</td>
</tr>
<tr>
<td>2</td>
<td>Limes (juice only)</td>
</tr>
<tr>
<td>2</td>
<td>Green onions (sliced into 1/2 inch rings)</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Cilantro (minced)</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Thai basil (chiffonade)</td>
</tr>
</tbody>
</table>

Method

- Heat oil in a six quart wide pot on high heat. Sauté the lemongrass, garlic, ginger, onion, and bell pepper, cook for one minute.
- Add the curry, green onions, and sauté for two minutes. Add the mussels and cook for two minutes. Add coconut milk and lime juice and bring liquid to a boil and cover tightly.
- Steam the mussels until cooked through (about five minutes). Add cilantro and basil; toss mussels in the steaming liquid. Serve hot in a large bowl.

Thai Green Curry Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>Grape seed oil</td>
</tr>
<tr>
<td>1</td>
<td>Shallot (minced)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Ginger (minced)</td>
</tr>
<tr>
<td>1</td>
<td>clove Garlic (minced)</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Cumin</td>
</tr>
<tr>
<td>1</td>
<td>Clove</td>
</tr>
<tr>
<td>1 teaspoon</td>
<td>Gara masala</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Curry powder</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>Lime juice</td>
</tr>
<tr>
<td>1</td>
<td>bunch Cilantro (chopped)</td>
</tr>
</tbody>
</table>

Method

- In a sauce pan, heat the oil, add the shallots, ginger, and garlic, cook until they caramelize. Add the cumin, clove, gara masala and curry, cook until the spices are toasted. Remove from the heat and cool for 10 minutes. Transfer to a blender, add the cilantro and lemon juice then blend until smooth. Season with salt and pepper, set aside for later use.
New Zealand Greenshell™ Mussels in a Saffron Cream Sauce
New Zealand Greenshell™ Mussels in a Saffron Cream Sauce

Serves: 4 portions (8 mussels each portion)

Ingredients
32 New Zealand Greenshell™ Mussels frozen half shell
10mls Olive oil
20gms (0.7oz) Butter
30gm (1oz) Small brown onion - fine diced
30gm (1oz) Celery stalk - fine diced
30gm (1oz) Fennel bulb - fine diced
4 sprigs Lemon thyme (normal thyme also works) - stalks removed leaves only
15mls Pernod (optional)
30mls White wine (Dry Riesling)
10 Saffron threads
500mls Cream
12 Cherry Tomatoes (optional - blanched & peeled)

Italian Parsley - picked
Chives spears

Method
- Allow the Greenshell™ Mussels to defrost in a tray with sides, pour off any juices that are left from the defrosted mussels. Do this through a fine strainer if possible to remove any broken shell fragments. Reserve the mussel juice.
- Place a medium to large saucepan on the heat; add the oil & butter allowing the butter to just start to bubble. Add the onion, celery, fennel, thyme & sauté without coloring the ingredients.
- Add the Pernod & burn off the alcohol if possible (take extreme care if following this procedure – be aware of any low fixtures, as the flames will rise up quickly), then add the white wine, mussel juice & the saffron. Allow the saffron to cook out for 10-20 seconds.
- Add the cream to the saucepan & bring to the boil, allow to reduce until the mixture slightly thickens & has a saffron yellow color (color will depend on the quality of the saffron)
- Add the mussels and heat through, this will take approximately 2-3 minutes, any longer will over cook the mussels.
- Using a large slotted spoon or tongs, plate eight each Greenshell™ Mussels into 4 suitable serving bowls.
- Garnish with 4 cherry tomatoes each bowl & picked Italian parsley & chive spears.
- Serve immediately while the dishes are hot.

Chefs Notes:
A rich creamy dish inspired with Spanish flavors in mind. A colourful dish that can be served as an individual plate or shared as a banquet styled dish/platter.
New Zealand Greenshell™ Soho Mussels
New Zealand Greenshell™ Soho Mussels

Ingredients

Mussel Warming Stock
Yield: 1 Quart (4 cups)
1 Cup Dry White Wine
3 Cups Water
2 x Quarters Small White Onion, peeled and quartered
8 x 4 inch Parsley stems with leaves
3 each Cloves
2 each Bay Leaf
1/2 tsp Sea Salt

Spoon Leaf Spinach
Yield: 1/2 Cup/6 Tbsps.
4 Cups Water
2 tps Sea Salt
1 1/2 Cups Leaf Spinach

Roasted Garlic Gremolata
Yield: 3/4 Cup/6 oz/175 ml
2 Tbsps Roasted Garlic, minced
1 Tbsp Anchovy Paste

1/4 Cup Lemon Zest, pith removed, fine
1/4 Cup Parsley, minced

Honey Citrus Vinaigrette
Yield: 4 Cups/32 oz/940 ml
1 Cup Orange Juice
1/4 Cup Lime Juice
1 Tbsp White Wine Vinegar
1/2 Cup Honey
2 1/4 Cups Olive Oil
To Taste Sea Salt
To Taste White Pepper

Method

Mussel Warming Stock
- Combine all ingredients in a non-reactive sauce pan.
- Bring to simmer
- Hold for warming mussels.

Spoon Leaf Spinach
- Prepare an ice bath combining 4 cups of water and 2 Cups of ice in bowl.
- Bring water and salt to boil.
- Place spinach in a strainer and immerse in the boiling water 15 seconds.
- Shock spinach in ice bathe to stop cooking process.
- Squeeze excess water from spinach.
- Reserve.

Roasted Garlic Gremolata
- Combine ingredients in bowl except pepper and mix together.
- Transfer to clean container.
- Cover with plastic wrap and refrigerate.
Honey Citrus Vinaigrette
- Place all ingredients except oil and salt and pepper into a blender.
- Puree until smoothly combined.
- Add oil slowly with blender on low.
- Season to taste.
- Using funnel transfer vinaigrette to plastic squeeze bottles and refrigerate.

New Zealand Greenshell™ Soho Mussels

Assembly
For 1 Serving
6 each New Zealand Greenshell™ Mussels, cooked
6 Tbsps Poaching Stock, simmering
2 tsps Spoon Leaf Spinach
6 Tsp Pernod
6 tsp Roasted Garlic Gremolata
6 tsp Panko, toasted
6 Tbsps Bacon, thick cut, diced and fried crispy
Honey Citrus Vinaigrette

- Separate mussels from half shell using a sharp knife.
- Briefly warm mussels by dipping into simmering Poaching Stock - just warm do not re-cook.
- Warm shells.
- To finish Spoon Leaf Spinach, Heat butter in skillet over medium heat, add spinach and sauté until warm; sprinkle with Pernod and toss.
- Divide Spoon Leaf Spinach between shells.
- Put mussels on top of each.
- Top each with Gremolata.
- Garnish each with bacon and toasted Panko.
- Pour over hot Honey Citrus Vinaigrette.
- Arrange mussels in shells in bowl or on plate.
- Serve immediately.

Recipe Photography:
Patrick McDonnell Photography
www.patrickmcdonnellphotography.com
New Zealand Greenshell™ Mussels with Bombay Sauce
# New Zealand Greenshell™ Mussels with Bombay Sauce

**serves 4**

## Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>New Zealand Greenshell™ Mussels (Frozen 1/2 shell) – defrost in a container &amp; reserve any juice that comes from defrosting for the sauce.</td>
</tr>
<tr>
<td>4</td>
<td>Fresh Green Chilies (mild) – minced</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Fresh Ginger – minced</td>
</tr>
<tr>
<td>2 Tbsp</td>
<td>Fresh Garlic – minced</td>
</tr>
<tr>
<td>3 Tbsp</td>
<td>Canola Oil</td>
</tr>
<tr>
<td>2 medium</td>
<td>Onions - diced</td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Paprika</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Cayenne Pepper</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>Turmeric Powder</td>
</tr>
<tr>
<td>2 tsp</td>
<td>Garam Masala</td>
</tr>
<tr>
<td>1</td>
<td>Star Anise</td>
</tr>
<tr>
<td>1 cup</td>
<td>Coconut Cream</td>
</tr>
<tr>
<td>1</td>
<td>Fresh Lime – juice only</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Fresh Coriander – minced</td>
</tr>
</tbody>
</table>

## Method

- Puree the green chilies, ginger and garlic to a paste with a little water in a blender.
- Heat oil in a heavy-bottomed pan and sauté half the onions until light golden color.
- Add the paste, spice, and cook for 3 minutes.
- Add the coconut cream & bring to a boil. Allow to simmer on low for about 10 minutes, stirring occasionally, add the mussels & the mussel juice & bring to the boil. Season with salt and add the lime juice & coriander & serve.
- Place into one big serving dish or portion between 4 bowls.
- Optional Garnish – fresh coriander & julienne of red capsicum.

## Chefs Notes:
An excellent shared dish option, offering a simple creamy curry flavor to the meaty New Zealand Greenshell Mussels. Enjoy with friends coupled with your favorite lager or Viognier.
NEW ZEALAND GREEN SHELL™ MUSSELS

a taste of...
UNTouched WATERS

www.purenzmussels.com