

amical



Recipe: BLACK BEAN MUSSELS

Servings: 1

Serv. Size: 12 Piece(s)

Prep. Time: 0:30

Portion	Ingredient
*****	*****
1 Dozen	New Zealand Mussels, cleaned
1 Tablespoon(s)	Olive Oil
1 Tablespoon(s)	Garlic Confit*
1 Tablespoon(s)	Black Bean-Garlic Sauce**
.5 Cup(s)	White Wine
1 Tablespoon(s)	Diced shallot/scallion mix
.5 Cup(s)	Roma tomatoes, fresh diced
1 Tablespoon(s)	Basil, sliced very thin
1 Tablespoon(s)	Butter, unsalted
.25 teaspoon(s)	Kosher salt & fresh cracked pepper

PREPARATION STEPS-

1. Prep ingredients and heat a large wok over a high flame.
2. Add the oil and swirl to coat the pan. Add the shallot/scallion mix and sauté. Then add the wine & mussels. Steam until they have opened slightly. Add more wine if needed (chicken stock works, too)
3. Add the black bean garlic sauce & garlic confit. Cook until the liquid has been reduced by half. Stir in the tomatoes & butter.
4. Correct the seasonings and serve immediately.

Note:

*Garlic confit is prepared by roasting garlic cloves covered completely in olive oil in a 350 degree oven. Remove from oil, allow to cool and puree. Reserve the garlic-infused oil for dressings, cooking and other uses.

**Black Bean Garlic Sauce can be found at most local supermarkets in the Asian food section. We use the Dynasty brand 7 oz. jar and retails for \$2.50