

MUSSELS CHENNAI

Preparation time 20 min

Cooking time 10 min

Ingredients:

Fresh mussels 1Kg

Mustard oil- 20 ml

Shredded ginger- 2 tea spoon

Chopped garlic- 2 tea spoon

Chopped fresh red chillies- 2 tea spoon

Chopped fresh coriander – 2 table spoons

Whole grain mustard- 1 table spoon

Bay leafs - 2

Lemon wedge- 2 no.

Lemon juice- 2 tea spoons

Coconut cream- 2 table spoons

Crush black pepper- 1 teaspoon

Fish stock- 300ml

Method

Heat a wok and add the oil

Sauté all the ingredients and add the mussels

Pour in the stock with lemon juice and coconut cream

Cover and simmer for 5 minutes until all the shells opens up.

Serve hot in a bowl.

Goes well as a starters



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