

## ***Mussels Meuniere***

*Here is a classic French dish with fresh mussels steamed with onions, thyme (I am using Herbs de Provence instead of thyme), butter, and olive oil. This is easy to prepare and fantastic. The key is finding fresh mussels—they should smell like the sea.*

**Serves 4**

**Prep Time:** 20-30 minutes

### **Ingredients:**

4-5 pounds mussels  
2 tablespoons organic butter  
2 tablespoons extra virgin olive oil  
2 small onions, sliced  
½ teaspoon Herbs de Provence dried  
½ cup flat leaf parsley, chopped (divided in half)  
2 medium garlic cloves, diced  
1 cup dry white wine

### **Directions:**

Scrub mussels. Pull off beards, the brown tuft of fibers emerging from the shell. Discard any mussels that do not close when you handle them and any with broken shells. Set aside.

Heat a large pot to medium heat, add butter, olive oil, onion, and sauté for 3 minutes until onions soften, add garlic and half the chopped parsley and sauté another minute, then deglaze by adding wine (or broth).

Bring to boil. Lower heat and cook 2 minutes. Add mussels, and cover. Stir every 1-2 minutes. Cook just until shells open, 3 to 4 minutes. Do not overcook. Remove mussels from the sauce, and place in bowls.

Strain liquid, and return to pot. Add remaining butter and parsley. Heat until butter melts. Pour over mussels.

Enjoy!

Steven Masley, MD