

Mussel Broth Recipe

Richard Allen, Executive Head Chef, Grand Jersey Hotel & Spa

Ingredients

50 mussels
10mls olive oil
1L good fish stock
250mls white wine
250mls vermouth
1 bulb of fennel, finely sliced
1 pinch of saffron
1 clove of garlic
250mls tomato juice (fresh)
1 bay leaf
2 sticks of celery, peeled and chopped finely
4 small waxy potatoes, diced
Lemon juice
1 medium onion, diced
1 carrot, peeled and diced
1tsp chives, chopped
1tsp tarragon, chopped
1tsp parsley, chopped
Sea salt
Ground white pepper
Double cream

Method

1. Scrub the mussels well under running water
2. Remove the beards with a small knife and discard any which do not close when tapped lightly on the side of the sink
3. Place a medium to thick based stainless steel pan on a medium heat and add the olive oil
4. When hot add the onions and the garlic with a tiny pinch of sea salt and sweat them down for a couple of minutes
5. Add the fennel, diced celery and the carrots and continue to cook for a further two minutes
6. Turn up the heat slightly and add the vermouth and wine and reduce until nearly all evaporated
7. Add the tomato juice and reduce by half then add the fish stock, saffron and a little more sea salt and once again reduce by two thirds
8. At this stage reduce to a simmer and add the potatoes and cook for a further five minutes
9. Now turn up the heat and add the mussels and cover with a well fitting lid
10. As soon as the mussels are open, check the seasoning and serve

The cream is optional so if you don't want to add it that's fine, I just think it gives it a much more silky texture and makes the whole thing a bit naughtier! ☺