



Stuffed Mussels

Notre Dame Erasmus Meal
Monday, November 26th, 2018

Ingredients

Base : Stuffing mussels : 20 kg

Total : 620 pieces = 6 per person.

Stuffing :

Vegetable stuffing : 8 kg

Milk : 2 litres

Sliced bread : 1,5 kg



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Tomato sauce :

Olive oil : 600 ml

Noilly Prat : 1 litre

Onions : 2 kg

Chopped Tomatoes : 12kg

Garlic : 200g

Fish stock : 8 litres

Tomato paste : 1kg

Mussel juice : 4 litres

Rice : Brown rice : 6 kg / Butter : 1kg / Oil : 500 ml

Aioli sauce : 1l



Method



Mussels : Open raw, drain, reserve liquid.

Stuffing : Mix the stuffing and soaked sliced bread and eggs. The mixture must be smooth.

Making the sauce : Sweat the onions with the oil, then the garlic, add the pieces of tomato and the tomato puree then deglaze with the Noilly Prat. Bring to the boil with the fish stock and mussel juice and simmer gently for one hour.

Rice : Steam the rice

Stuff the mussels :

Place them on a high plate, cover in tomato sauce, cook in an oven at 160°C for one hour.

Plating up :

Base : hot steamed rice.

Place 6 mussels slightly opened

Cover in tomato sauce with aioli on top.

Enjoy your meal!

