

By: Miguel Angel Mateos



CookinBig

## Mussels with Japanese mushrooms and Morado Garlic.



**DIFFICULTY**  
LOW

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**COOKING STYLE**  
MEDITERRANEAN



**NUMBER OF GUESTS**  
4



**TYPE OF DISH**  
MAIN COURSE



**PREPARATION TIME**  
20 MINUTES



**VARIETY OF GARLIC**  
MORADO

### Ingredients

- 3 cloves of Big Garlic Morado garlic
- 1 kg of rock mussels
- 1 onion
- 1 tablespoon of flour
- 1 cup of white wine
- Chopped parsley
- Extra-virgin olive oil
- Salt
- ½ a red pepper
- ½ a green pepper

## Step by Step



1. Peel and clean the garlic cloves and chop them finely.
2. Chop the green and red peppers separately into fine cubes, and set them aside.
3. Chop the mushroom into small squares.
4. Do the same with the onion.
5. Wash the mussels thoroughly in a bowl of cold water.
6. Add a drizzle of extra-virgin olive oil to a saucepan over a medium heat.
7. Add one chopped piece of garlic to the same skillet over a medium heat, and add the onions straightaway so that the garlic does not burn. Add the green pepper, the mushrooms and finally the red pepper.
8. Let everything fry nicely and add the tablespoon of flour, stirring thoroughly to avoid lumps. Leave it on the heat for a few seconds, stirring constantly, and add the white wine, mix everything thoroughly and add the mussels.
7. Cover the pan and leave it for a few minutes until the mussels open, and then remove it from the heat.
8. Add salt to taste and add chopped parsley.

### FINISHING THE DISH:

9. Place the open mussels on a deep plate or dish, giving them some volume, and pour the rich garlic sauce over them, so that it remains in the pan.

### **CHEF'S TIPS Miguel Angel Mateos:**

- The most important aspects of this dish are the quality of the products, their freshness and the quality of the cooking. We should not spend too long on cooking if we want to enjoy fantastic textures.
- You should always use very fresh material, consumed the same day to avoid possible contamination.
- Any mussels that are still closed afterwards, while the others are open, should be discarded and not forced open, as this means the mussel was already dead and could be in bad shape.
- We can then add white wine, homemade tomato sauce and a cayenne pepper, and cook it all a little and then put in the mussels. This will give a slightly spicy tomato sauce, which is very lively and ideal for enjoying with some delicious mussels.
- The Japanese mushrooms can be substituted for some shitake mushrooms or ordinary mushrooms, whatever suits your personal tastes.