

MEAT PROTEIN



COCONUT-CURRY PEI MUSSELS

Servings: 20

Ingredients

For the coconut-curry sauce

- 2 tablespoons coconut oil
- 1 cup shallots, chopped
- 1 cup garlic, chopped
- 1 stalk lemongrass, chopped
- 1 cup ginger, chopped
- 1 tablespoon kosher salt
- 1/2 cup Sambal Olek
- 1 bunch cilantro stems (save leaves for garnish)
- 2 kaffir lime leaves or the peel of 2 limes
- 2 quarts water
- 6 cans coconut milk
- 2 cans Coco Lopez
- 2 tablespoons fish sauce

For the mussels

- 2 tablespoons coconut oil
- 1/2 cup ginger, sliced
- 1/2 cup garlic, sliced
- 1/2 cup shallots, sliced
- 1/2 cup lemongrass, sliced
- 10 pounds PEI mussels
- Cilantro leaves for garnish

Directions

For the coconut-curry sauce

Heat a sauce pot over medium heat. Add the coconut oil, shallots, garlic, lemongrass, ginger and salt. Let cook for 5 to 6 minutes, stirring occasionally to prevent caramelizing. Add the sambal, cilantro stems and lime leaves or peel. Cook an additional 2 minutes.

Deglaze the pot with water; bring to a simmer. Add the coconut milk, Coco Lopez and fish sauce; bring to a simmer. Let reduce by 1/3, strain and reserve the liquid.

For the mussels

Place a large pot over medium heat; add the oil and all ingredients except the mussels. Sauté until translucent. Add the mussels and sauce to a pot. Cook until the mussels open, 6 to 7 minutes. Discard any unopened mussels.

Remove from the heat, place in a serving vessel and garnish with cilantro leaves. Serve with fresh grilled naan bread and steamed rice.

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