



'NORMANDY' ROPE GROWN MUSSELS

Serves 4

INGREDIENTS

- 1 tbsp Rapeseed Oil
- 4 Large Banana Shallots, finely chopped
- 3 Thyme Sprigs
- 200ml Dry Apple Cider
- 75g Smoked Back Bacon
- 1kg Rope Grown Dorset Mussels, scrubbed, beards removed
- 200ml Double Cream

METHOD

1. Heat rapeseed oil in a saucepan over medium heat, add bacon, shallot, thyme and cook until tender (5-6 minutes).
2. Add cider, bring to the simmer, add mussels, increase heat to high, cover and cook, shaking pan occasionally, until mussels open (2-3 minutes).
3. Season to taste, add cream, stir until mussels are well coated, and serve hot with crusty sourdough bread.