

MUSSELS IN GARLIC MISO BROTH

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COOK TIME: 30mins

SERVES: 2-4

CALORIES: 365 kcal (PER SERVING)

INGREDIENTS

2 kg (4.4 lb) mussels
3 tbsp vegetable oil
2 tbsp sesame oil
1 onion, finely chopped
4 garlic cloves, finely chopped or minced
1 tomato, cored, seeded, coarsely chopped
120 ml (3/4 cup) vegetable or chicken stock
50 ml (1/4 cup) cooking cream or soy cream
1 tbsp white miso
1 tsp grated ginger
1 tbsp fish sauce
1 tbsp mirin
1 tbsp unsalted butter

*FOR SERVING

2 tbsp finely chopped chives
chili oil
chili pepper
crusty bread

DIRECTIONS

Prepare 2 large bowls with cold water. Add the mussels to one bowl, remove the beards attached to the side of the shells by tugging firmly toward the hinge of the mussel shell. You can also use a knife. Throw the cleaned mussels in the other bowl to remove remaining grit. Also, check and discard each mussel that is open and won't close when pinched between your fingers. Rub off any leftovers of seaweed, sand or barnacles spots that could be on the shell.

Drain and transfer to a clean bowl. Transfer to the fridge while you prepare and chop the garlic, onion and tomato.

Heat the sesame and vegetable oil in a large pan over medium heat. Add garlic, onion and ginger. Cook for 3 minutes until soft and fragrant. Add the miso and tomato, cook for 2 minutes more. Pour in the broth, add fish sauce and mirin. Bring to a boil and add the mussels. Simmer for 8 minutes, covered, over medium heat. Stir, cover and simmer for 2 minutes more.

Turn off the heat, add the cream and unsalted butter, cover and let sit for 1 minute until butter is melted. Stir, taste and season with salt and pepper if needed. Top with chives and fresh chili, drizzle with some chili oil.

Serve immediately with toasted bread. Eat!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.