

Mussel Salad

INGREDIENTS:

Servings: 6 people

Fresh mussels	1 pound
Dry white wine	1/2 cup
Olive oil	1/4 cup
Chopped onion	1
Sliced garlic cloves	2
Peeled, seeded and diced tomatoes	2
Diced carrot	1
Diced celery root	1/2
Sugar	1/2 tsp
Salt and freshly ground pepper	to taste

TOOLS:

Large saucepan

Strainer

Bowl

Spoon

Large frying pan

Pepper mill

PREPARATION:

Wash the mussels. Place the mussels in a saucepan with the wine and some salt. Bring to a boil. Cook until the mussels open, about 3-5 minutes. Strain the cooking liquid and reserve. Discard the mussels that do not open. Scoop out the mussels.

Heat the olive oil in a large frying pan and fry the onions until soft and golden. Add the rest of the ingredients and gently cook for 3 minutes. Add the cooking liquid and adjust the seasoning with salt and freshly ground pepper. Simmer until the vegetables are tender. When the vegetables are ready, add the mussels and continue to simmer for 3 minutes. Let cool before serving.