Steamed Mussels with Red Peppers

Description

Steamed mussels with red bell pepper and jalapeno for extra kick. Perfect with French sour dough break to soak up heavenly broth. Fast and easy to prepare. Perfect starter or appetizer.



Summary

Yield: 4
Prep Time: 10 minutes
Category: Seafood
Cuisine: American

Ingredients

- 2 lbs fresh muscles, scrubbed and beards removed
- 1/3 cup red bell peppers, chopped
- 3 cloves garlic, minced
- 1 jalapeno chile pepper, seeded and chopped
- 2 tbsps olive oil
- 1 bottle clam juice (8 oz)
- 1/2 cup white wine
- 3 green onions, sliced
- 1 bay leaf
- 1/2 tsp dried oregano
- 2 tbsps fresh parsley, minced
- 1/4 tsp sea salt
- 1/4 tsp ground black pepper
- french bread baguettes, or sour dough bread

Instructions

Rinse the mussels under cold water while scrubbing with a vegetable brush. Discard any with broken shells. Set asside.

In a skillet, saute jalpaneo pepper and garlic in olive oil, until tender. Add clam juice, wine, red bell pepper, green onions, oregano and bay leaf. Stir as you bring to a boil, then reduce heat.

Add mussels, cover and simmer for 5 to 6 minutes until mussels open. Discard bay leaf and any unopened mussels. Sprinkle with parsley, salt and pepper.

Serve with French bread baguettes or sour dough bread, sliced.