

Marinated Mussel Salad with Fennel & Citrus Vinaigrette

CITRUS VINAIGRETTE

INGREDIENTS

½ cup	(125 ml)	Olive Oil
¼ cup	(60 ml)	White Wine Vinegar
2 tbsp	(15 ml)	Lime Juice
2 tbsp	(15 ml)	Lemon Juice
2 tbsp	(15 ml)	Orange Juice
1 tsp	(5 ml)	Dijon Mustard
To taste		Salt and Pepper

MUSSEL SALAD

INGREDIENTS

4 lbs	(1.8 kg)	Mussels
1 cup	(250 ml)	Fennel (<i>Thinly Sliced</i>)
1 cup	(250 ml)	Carrots (<i>Julienne</i>)
¾ cup	(180 ml)	Citrus Vinaigrette
½ cup	(125 ml)	White Wine
½ cup	(125 ml)	Onion (<i>Sliced</i>)
½ cup	(125 ml)	Red Pepper (<i>Julienne</i>)
½ cup	(125 ml)	Green Pepper (<i>Julienne</i>)
½ cup	(125 ml)	Yellow Pepper (<i>Julienne</i>)
¼ cup	(60 ml)	Green Onions (<i>Sliced</i>)
¼ cup	(60 ml)	Basil (<i>Chiffonade</i>)
¼ cup	(60 ml)	Parsley (<i>Chopped</i>)
¼ cup	(60 ml)	Garlic (<i>Minced</i>)
2 tbsp	(30 ml)	Olive Oil
2 tbsp	(30 ml)	Fresh Tarragon (<i>Chopped</i>)
1 tbsp	(15 ml)	Lemon Zest
To taste		Salt and Pepper

PREPARATION (*Yields 4 portions*)

VINAIGRETTE

Place mustard, vinegar, and citrus juices in mixing bowl and whisk.

Add oil in a slow steady stream while mixing constantly.

Taste and adjust seasoning with salt and fresh ground black pepper.

MUSSEL SALAD

Saute onions and garlic in olive oil over medium heat for 3 minutes.

Add white wine and mussels, cover and cook on high until shells open (approximately 5 – 7 minutes).

Remove mussels from the pot and allow to cool and remove them from their shells.

Reduce the juice that is left in the pot by half. Cool and reserve.

Toss mussel meat, vegetables, herbs, lemon zest with 1 cup of cooled cooking liquid.

Add citrus vinaigrette and season with salt and pepper.