



Spiced Creme of Muskels

Take and seep muskels; pyke heme clene, and waiſſhe hem clene in wyne and boile ær þon heme ontynan and keep ye broth, drawe it þorgh a streynour. Macian doh of spice. Frye lytel oynouns and cellery, add broth, creme and doh. Hat it and add parcely and serbe hem forth.



4 lb fresh mussels
1 Cup white wine
2 Shallots, finely chopped
2 Sticks of celery sliced
1 oz butter for frying
4 oz crème fraiche
3 tsp plain flour
Spices as available
Pepper to season
Chopped parsley, to serve



- 1 -Scrub the mussels in a large bowl of cold water and remove beards, discard any that are open.
- 2 -Put in a large pan with the wine. Bring to the boil, cover and shake the pan over the heat until the mussels are open, normally about 3-4 minutes.
- 3 -Remove the mussels and strain the cooking liquid through cloth to remove any grit.. Keep the mussels warm.
- 4 -Make a paste with flour, spices as required or available (curry powder, and all spice are good suggestions) and a little water.
- 5 -Fry the shallots and celery in the butter until softened , but not browned, stir in the paste and cook for about 1 minute. Add the cooking liquid and season with pepper.
- 6 -Stir in the crème fraiche add the mussels and warm through until thickened and glossy.
- 7 -Sprinkle with parsley and serve.

