

PRINCE EDWARD ISLAND, CANADA
ISLAND BLUE MUSSEL SALAD



www.peiflavours.ca

PRINCE EDWARD ISLAND ISLAND BLUE MUSSEL SALAD

Chef **Jeff McCourt**

Yield: 4 as a main dish, 8 as an appetizer.

Ingredients:

½ cup thinly sliced onion	½ cup sliced green onion	½ cup minced sweet or red onion
1 clove garlic, minced	2 cups diced vine-ripened tomatoes	2 lemons (zest and juice)
2 tbsp olive oil	¼ cup capers	white truffle oil, a splash, to taste (optional)
5 lbs island blue mussels	¼ cup dill, chopped	salt and pepper, to taste
¼ cup white wine	¼ cup cilantro, chopped	arugula

Method:

In a medium-sized pot, sauté the white onion and garlic in olive oil until softened. Add the white wine and mussels. Cover and cook on high until the shells open, 5-7 minutes. Remove from the pot and allow to cool, remove from their shells and refrigerate in a bowl.

Combine the remaining ingredients in the bowl with the chilled mussels. Season to taste.

Fill a ring mould with the mussel salad in the centre of the plate, top with arugula and serve with slices of fresh baguette.

Enjoy!