



In This Chapter, You Will . . .

- Identify types of fish and shellfish
- Identify the nutritional value of fish and shellfish
- Learn how to prepare fish and shellfish

Why **YOU** Need to Know This

There are literally thousands of different types of fish living in oceans, lakes, rivers, and ponds around the world. Fish is low in calories and saturated fat, and high in protein, vitamins, and minerals. It comes in a wide range of tastes and textures, and can be prepared in many different ways. Although it is usually served as the main course, some varieties make a great appetizer or salad, and most can be used as an ingredient in other dishes. As a class, discuss the types of fish you like to eat. How many different types can you think of? Categorize them based on whether they come from saltwater (the ocean) or from freshwater (like a lake or river).

Types of Fish

It is nearly impossible to list all of the different types of fish that we use as food. In general, they are classified as either **finfish**, which have scales and fins, like tuna, trout, and halibut, or **shellfish**, which are enclosed in a hard shell, like clams, scallops, and lobster.

Both finfish and shellfish are inspected by the National Marine Fisheries Service (NMFS), part of the National Oceanic and Atmospheric Administration (NOAA). Inspectors conduct three evaluations:

- Type 1 evaluates quality and wholesomeness.
- Type 2 evaluates the accuracy of the labeling and weight.
- Type 3 evaluates the sanitation of the processing facility.

Forms of Fish

Shellfish are available fresh or frozen. Finfish are available in many forms:

- **Whole fish** includes the head and stomach.
- **Drawn fish** is a whole fish without the stomach.
- **Headed and gutted** is a whole fish without the stomach or head.
- **Pan-dressed fish** has the fins removed. The head and tail may also be removed.
- **Cross-cuts** are large pieces of a drawn fish.
- **Steaks** are single portion-sized cross-cuts. They usually include at least part of the spine and other bones.
- **Fillets** are boneless pieces of fish. Some fillets have the skin removed. Fillets may be sold fresh or frozen.



FIGURE 14-2 Salmon fillet (left) and salmon steak (right). What's an easy way to tell the difference?

Cool Tips

Most fish live either in freshwater or saltwater, but there are a few species that live in both. Called **anadromous** fish, they are born in freshwater, spend most of their lives in saltwater, then travel back to freshwater to **spawn**, or reproduce. Salmon and steelhead trout are examples.

FIGURE 14-1

A PUFIs mark is a seal awarded to a facility that passes a Type 1 inspection. PUFIs stands for Processed Under Federal Inspection. Do you think it is important to purchase fish that has a PUFIs mark? Why?

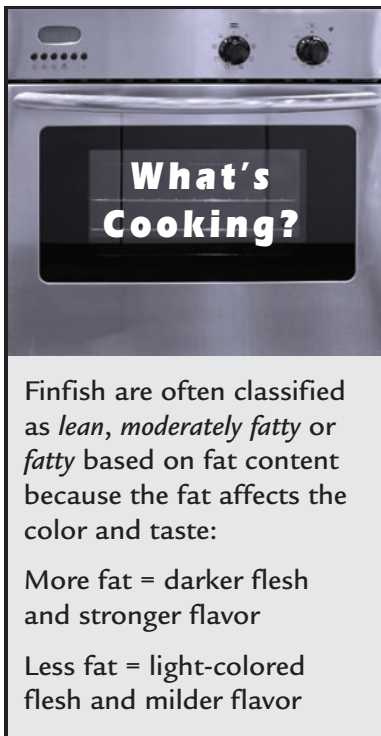


Check the Label

Round Fish Have eyes on both sides of their heads, swim upright, with the belly down and the back up; examples: haddock, bass, tuna, and salmon

Flat Fish Have both eyes on the same side of their heads, swim near the bottom, and are wider than they are thick; examples: sole, halibut, and fluke

Non-Boney and Other Fish Don't fit into the above categories; may have cartilage instead of bones; examples: eel, catfish, sardine, tilapia, and shark



- **Glazed fish** is a whole fish dipped in water and then frozen several times to build up a layer of ice.
- **Canned fish** is completely cooked and packed in cans.
- **Cured fish** is preserved by salting, smoking, or pickling. Salted fish is usually a fillet soaked in salty brine or coated with salt and then dried. Pickled fish is cured in a brine that contains vinegar and pickling spices. Fish smoked between the temperatures of 120 and 180° F is called **hot smoked**. If the temperature is between 80 and 90° F it is called **cold smoked**. Cold smoked fish is preserved—not cooked.

Buying and Storing Fish

It is very important to purchase fish from a reputable dealer. Fish must be handled properly from the minute it is taken from the water, or it will spoil.

Selecting Finfish

Fresh finfish has a clean, sweet smell, a healthy overall appearance, and is stored at less than 41° F. The flesh is soft, yet firm, and does not hold a mark when pressed. The gills have not turned brown. Fillets and steaks should be packaged in clean containers with only a small amount of liquid at the bottom. Pieces should be cut neatly, and be of an even size. The flesh and skin should look moist and have no cracks, tears, or punctures.

Safe Eats

There is no mandated grading system for fish. On a voluntary basis, fish may be graded as Grade A, Grade B, or Grade C. Grade A is the highest grade and is given to fish from facilities that pass the Type 1 evaluation. Grades B and C are used primarily for processed or canned products. Look for the grade labels on packaging, or on the display case where fresh fish is sold.



FIGURE 14-3

A fresh fish display in a U.S. grocery store (top), and in a fresh market in Beijing, China (bottom). Throughout the world, our fresh markets display what is native to the waters of our homelands. Can you identify any of the fish in the U.S. store? What about in the Chinese market? What types of sea life appears to be indigenous to that area of the world?

BASIC CULINARY SKILLS

Selecting Whole Fish

- ① Smell the fish. It should have a clean, sweet smell.
- ② Check the temperature. It should be at a temperature of 41° F or less.
- ③ Check the appearance. There should be no cuts or bruising. The fins should be pliable. The slime should be clear. If there are scales, they should stick tightly to the body. If there is a head, the eyes should be full and not shrunken or dried out.
- ④ Check the texture by pressing on the body. The flesh should rise quickly after being pressed and should not hold the mark.
- ⑤ Check the gills and the belly. The gills should not be brown or slimy. The flesh should stick to the bones, especially along the backbone.

Storing Finfish

Fish will go bad quickly if not stored properly. It should be stored in the refrigerator at 41° F or below, but even under ideal circumstances, fish will only last a few days.



FIGURE 14-4

Pack the belly of a whole fish with ice, then store it belly down in a perforated pan of shaved or flaked ice. Why do you think a perforated pan is better than one with no holes? Why is shaved or flaked ice better than cubes?

Safe Eats

Do not buy frozen fish that has white frost on the edges. It has freezer burn which indicates that it was not packed well or that it has thawed and been refrozen.



There are two types of shellfish:

Mollusks have soft bodies and no skeletons. Examples include clams, oysters, mussels, scallops, octopus, squid, and abalones.

Crustaceans have jointed exterior shells. Examples include lobsters, crabs, shrimp, and crayfish.



Professional kitchens are required to keep certificates and invoices for the fish they receive. This helps validate the freshness and quality of the fish, and also provides a trail to the source of the fish if any problems arise.

Selecting and Storing Shellfish

Only purchase mollusks that have been **depurated**—placed in tanks of fresh water to remove impurities.

Fresh shellfish is frequently sold “live.” It should have a sweet, sea-like aroma, and tightly closed shells. Live mollusks must be stored between 35 and 40° F. Keep them tightly closed in their bags. Shucked mollusks should appear plump and creamy in color, and the liquid around them should be odorless and clear.

Live crustaceans should be packed in seaweed or damp paper, and they should be moving. The tail of a lobster should snap back quickly after you flatten it out. Store them in the refrigerator until you are ready to cook them.



Hot Topics

The FDA requires shellfish harvesters and processors of oysters, clams, and mussels to put a tag on sacks or containers of live shellfish and a label on containers or packages of shucked shellfish. These labels identify the dealer, note when the shellfish was harvested, and when it was shipped. You have the right to see the tag before making a purchase.

Check the Label

Shrimp is sold by the **count**—the number of shrimp per pound. The larger the shrimp, the fewer there are in the count:

Colossal	10 or fewer
Jumbo	11–15
Extra-large	16–20
Large	21–30
Medium	31–35
Small	36–45
Miniature	about 100



BY THE NUMBERS

You are planning to serve shrimp scampi at a dinner party for six people. You would like to present five extra-large shrimp per person. How many pounds of shrimp should you buy?

Hint: You need 30 shrimp. The count for extra-large shrimp is 16 to 20. Divide 30 by the count to calculate the number of pounds you should buy.

Nutritional Value of Fish

Fish is an excellent source of complete protein. It is usually low in saturated fat and cholesterol. In fact, many types of fish, including salmon, trout, mackerel, herring, and sardines, contain **omega-3 fatty acids**—a family of unsaturated fatty acids thought to promote heart health and reduce the risk of heart attack and high blood pressure. Among shellfish, mussels, clams, and oysters contain some of the highest levels of omega-3 fatty acids.

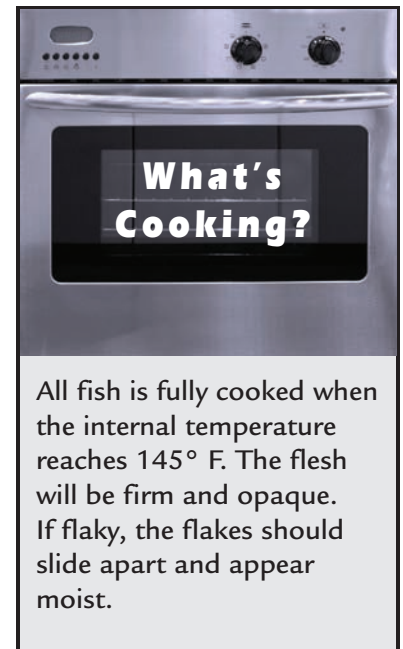
Most fish are a good source of the B vitamins. Fatty fish are a good source of vitamins A and D. The mineral content varies depending on the type of fish, but most provide iodine, phosphorous, and calcium. Some mollusks—specifically mussels, clams, and oysters—are a good source of iron.

Most varieties of shellfish contain only 50–150 calories, 2–4 grams of total fat, less than a gram of saturated fat, and less than 100 milligrams of cholesterol per serving. Shrimp, however, contain two to five times more cholesterol than other shellfish.

Preparing Finfish

The techniques used to prepare fish vary depending on the type of fish. Leaner fish require a more delicate cooking method, such as sautéing over a low temperature. Pan frying and deep frying are suitable for lean and some moderately fatty fish. All fish can be grilled, broiled, baked, roasted, or steamed.

In general, fatty fish do well when cooked using dry-heat methods such as broiling, while lean fish use moist-heat methods, such as steaming. Recall that fatty fish include whitefish, mackerel, catfish, salmon, and trout; lean fish include swordfish, red snapper, halibut, haddock, and flounder.



Cool Tips

Fish is one of the only natural sources of the mineral iodine, which is necessary for the production of thyroxine in the thyroid gland. Thyroxine helps control the rate of metabolism in your body cells.

FIGURE 14-5

Sautéed fresh cod with green beans and lemon slice. Cod is a mild white fish that thrives in the cold waters of the northeast. What is your favorite fish?

BASIC CULINARY SKILLS

Sautéing Fish

- ① Heat pan and cooking fat over moderate heat.
- ② Dust fish with flour.
- ③ Add fish to the pan, careful to avoid splashing.
- ④ Sauté on the first side until golden.
- ⑤ Turn fish once and finish cooking on the second side.
- ⑥ Remove fish from the pan and serve with seasoning or sauce, according to recipe.



BASIC CULINARY SKILLS

Broiling Fish

- ① Lightly butter or oil a broiling pan.
- ② Season fish according to recipe, and brush with butter.
- ③ Add a breadcrumb topping or sauce, according to recipe.
- ④ Broil a few inches from the heat source until the top is browned and the fish is cooked through.
- ⑤ Serve at once.



Preparation Skills

Like cooking, preparation techniques depend on the type of fish. Common preparation skills include filleting and trimming.

- Fillet a whole fish to create pieces suitable for cooking and serving. Round fish produce two fillets, one on each side of the back bone. Flat fish may be cut into two or four fillets, called quarter fillets.
- Trim a fish fillet to remove the skin as well as the belly and pin bones. **Belly bones** are found along the thinner edge of the fillet. **Pin bones** are found in the middle of the fillet.

Safe Eats

Some fish and shellfish are served raw, but eating raw fish may be risky. Shellfish, in particular, are likely to collect viruses from the water, including Hepatitis A. Bacteria and parasites may also be present in raw seafood. To minimize risk, eat raw fish obtained only from a reputable source, or that has been previously frozen, as freezing kills parasites (but not all microorganisms). Or, cook fish thoroughly to 145° F.

BASIC CULINARY SKILLS

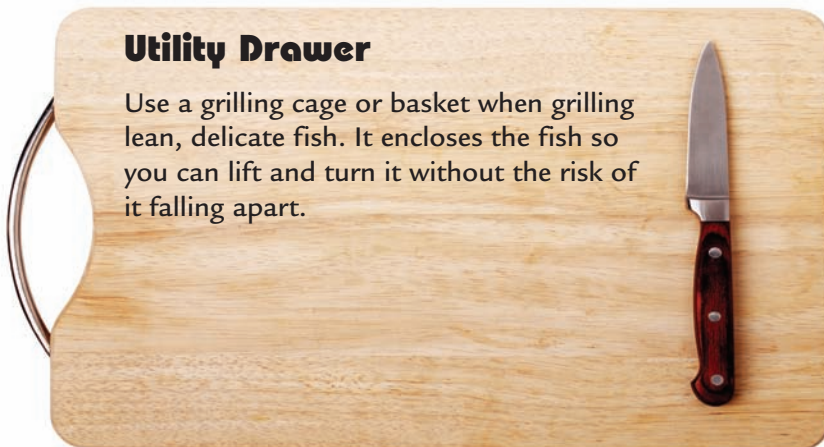
Filleting Round Fish

- 1 Place fish on cutting board with the backbone parallel to the side of the board, and the head on the same side as your dominant hand.
- 2 Cut behind head and gill plates, using a fish filleting knife. Angle the knife down and away from the body. Cut to the backbone only. Do not cut off the head.
- 3 Turn knife, without removing it, so the cutting edge points toward the tail.
- 4 Run the blade down the length of the fish, cutting against the backbone. Do not saw back and forth (see picture at right).
- 5 Remove fillet and lay it skin-side down on the cutting board.
- 6 Repeat on the second side.



Utility Drawer

Use a grilling cage or basket when grilling lean, delicate fish. It encloses the fish so you can lift and turn it without the risk of it falling apart.



BASIC CULINARY SKILLS

Filleting Flat Fish (Quarter Fillets)

- 1 Place fish on cutting board with the head away from you and tail toward you.
- 2 Make a cut on one side of the backbone from head to tail.



- 3 Cut along the bones, working from the center to the edge. Keep the blade angled slightly so the cut is very close to the bones.



- 4 Remove the first quarter fillet and lay it skin-side down on the cutting board. Trim away any internal organs attached to the fillet.



- 5 Turn the fish so the tail is toward you.
- 6 Cut along the bones, working from the center to the edge to remove the second fillet.
- 7 Turn the fish over.
- 8 Repeat on the second side.

FIGURE 14-6

Use needle nose pliers or tweezers to pull pin bones out of the middle of a fillet. Pull in the direction of the head so you don't rip the flesh. Why is it important to remove all pin bones before serving the fish?



**FIGURE 14-7**

Use a sharp fillet knife with a thin blade to remove the skin from a fish fillet. Do you think it is always necessary to remove the skin before cooking fish?



SCIENCE STUDY

High mercury levels in fish and seafood pose a risk to people, particularly children, senior citizens, and pregnant or nursing women.

Mercury occurs naturally in the environment, and nearly all fish contain mercury. The risk comes from elevated levels, which are usually found in areas where there is industrial pollution. The FDA sets the safety limit of mercury for human consumption at 1 part per million (PPM).

Some species have higher levels than others, particularly those that are large, and live a long time, like shark, swordfish, and Ahi tuna.

Use the Internet or your library to look up the affects of eating too much mercury. Find out how much is too much, what problems can be caused by mercury poisoning, what types of fish to avoid, and what types of fish are safe. Present your results to the class.

Fiction

Fish you catch yourself is safer to eat than fish you buy.

Fact

Some wild fish accumulate environmental contaminants, such as PCBs—polychlorinated biphenyls—which can be harmful to eat. The contaminants are usually stored in the fat, so you can lesson your exposure by trimming the fat and skin off the fish before cooking. Check with local agencies before eating self-caught fish.



What's Cooking?

Paupiette A thin fillet that is rolled before cooking, giving the fish a neat appearance and helping it cook evenly; usually made from lean fish, such as flounder or sole. May be stuffed

Tranche A slice cut from a fillet on an angle; a tranche slice has more surface area than a straight slice

Goujonette A straight slice cut from a fillet; sometimes called a fish finger, it is usually the width of a thumb

**FIGURE 14-8**

A piece of sushi (top) and sashimi (bottom).



Hot Topics

A popular misconception is that **sushi** means raw fish. In fact, sushi refers to food prepared with rice seasoned with sweet wine vinegar. Of course, sushi usually includes raw fish wrapped with rice and seaweed and served with various dipping sauces.

Sashimi is raw fish served on its own, without the rice and seaweed. It may be served with various dipping sauces. Both sushi and sashimi are usually associated with Japanese cooking, and proper preparation is considered an art form.

Preparing Shellfish

Although shellfish is sometimes served raw, it may also be boiled, steamed, poached, grilled, fried, sautéed, stir-fried, or baked.

Most shellfish may be cooked in the shell, although many recipes call for shucked shellfish. Once cooked, mollusk shells open, making it easy to remove the flesh from the shell.

Preparation Skills

Mollusks should be thoroughly cleaned before use. Scrub them with a brush under cold running water.

Mollusks are often purchased already shucked. If not, you may have to shuck them yourself for use on a raw bar, or in a recipe.

Shrimp may be purchased cleaned and deveined, or you may have to clean them and devein them yourself.



Shrimp turns pink when it is cooked. Lobster turns red. The flesh of both becomes pink and opaque.

Scallops are done when the flesh turns milky white, opaque, and firm.

Mollusks cooked in the shell are done when the shells open. Throw away any that do not open.

**FIGURE 14-9**

Remove the beard from a mussel by pulling it away from the shell. The mussel will die once the beard is removed. Why is it important to remove the beard from a mussel immediately before cooking?

BASIC CULINARY SKILLS

Opening Clams

- 1 Wear a wire mesh glove to hold the clam.
- 2 Place the clam in your hand so the hinged side is facing outward.
- 3 Work the side of a clam knife into the seam between the upper and lower shells.



- 4 Twist the blade slightly like a key in a lock to pry open the shell.

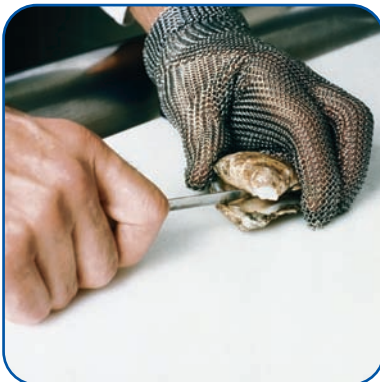


- 5 Slide the blade over the inside of the top of the shell to release the clam.
- 6 Slide the blade under the clam to release it from the bottom shell.

BASIC CULINARY SKILLS

Opening Oysters

- 1 Wear a wire mesh glove to hold the oyster.
- 2 Place the oyster in your hand so the hinged side is facing outward.
- 3 Work the tip of an oyster knife into the hinge, holding the upper and lower shells together.
- 4 Twist the blade like a key in a lock to break open the hinge.



- 5 Slide the blade over the inside of the top of the shell to release the oyster.
- 6 Slide the blade under the oyster to release it from the bottom shell.



BASIC CULINARY SKILLS

Peeling and Deveining Shrimp

- 1 Pull the shell away from the shrimp, starting on the underside where the feathery legs are located.
- 2 Placed shelled shrimp on a cutting board with the curve outer edge of the shrimp on the same side as your cutting hand.
- 3 Make a shallow cut on the curved outer edge using a paring or utility knife.



- 4 Scrape out the vein using the tip of the knife.



Safe Eats

If a mollusk shell appears open, tap it lightly. If it does not close, the mollusk is dead and should be thrown away. You should also throw out any that have cracked or broken shells.




Shucked  snailfish have been removed from the shell. Scallops are almost always sold shucked.



FIGURE 14-10

In many parts of the world, such as the Caribbean, conch is used to make wonderful fritters and chowder. Conchs are large snail-type mollusks. You've probably seen a conch shell before, but would you have guessed that the creature that lives inside it is edible? Have you ever eaten one?

Case Study

Penny Cho and Michelle Stein were classmates assigned to work together on a science project. They agreed to meet Saturday afternoon at Penny's house.

While they were working, Michelle noticed an unfamiliar smell coming from the kitchen. Penny said her mother was cooking Doenjang Chigae, a Korean stew made with bean paste and seafood. She invited Michelle to stay for dinner. Michelle refused. She had never eaten Korean food before, and did not think she would like it.

- How do you think it made Penny feel when Michelle refused her invitation to dinner?
- Do you think Michelle did the right thing? Why or why not? What could she have done differently?
- Have you ever been invited to try new or unusual food? What did you do?
- Are there any traditional foods that your family enjoys that you think people from other cultures might find unusual?



Put It to Use

- 1 Visit a fish market or other retail outlet that sells fish. Ask to see the tags or labels for the shellfish. Use the information to identify where the items come from, when they were harvested, and when they were shipped.

While there, look at the forms of fish available for purchase, and take note of how they are stored. If possible, ask the fishmonger to demonstrate how to cut a fillet, or shuck oysters.

Put It to Use

- ② Clam chowder is a popular stew made from clams and vegetables. However, there are regional differences in how clam chowder is prepared. Look up recipes for New England style clam chowder, and for Manhattan style clam chowder. Compare the similarities and differences between the two. If possible, prepare both so you can compare the appearance and taste. As a class, vote on which you prefer.



Write Now

Some people don't like the practice of farming fish. They believe farm fish are less nutritious than wild fish and may contaminate wild fish populations. Other people think that farm fish are a healthy, environmentally friendly alternative to overfishing our wild fish resources. What do you think? Research the topic and form an opinion. Then, write an essay on the topic stating your opinion, and backing it up with facts and figures. Share your essay with the class.

Tech Connect



The government regulates fishing in many ways, including setting fishing seasons, issuing fishing licenses, and setting limits on the size and number of fish you can catch. Use the Internet to learn about fishing regulations in your area. When is the fishing season? Does it cover all types of fish? How much does a license cost? How long is it good for? Are there restrictions to the size or number of fish you can catch? Report your findings to the class.



Team Players

As you learned in this chapter, fish can be classified in many ways. In small groups, work together to identify different fish and classify them. Use the Internet or your library to locate information and pictures of the fish, and then create charts, posters, or a presentation showing the different classifications. In addition to the classification, include information about whether the fish is lean or fatty, where it comes from, and how it might be prepared. Share your results with the class.

Put It Together

Match the explanation in column 1 with the term in column 2.

Column 1

- a. fish that live in saltwater but spawn in freshwater
- b. shellfish that have soft bodies and no skeletons
- c. shellfish that have jointed exterior shells
- d. a whole fish without the stomach
- e. a boneless piece of fish
- f. shellfish that has been removed from its shell
- g. shellfish that has been placed in a tank of fresh water to remove impurities
- h. a slice cut from a fillet on an angle
- i. a straight slice cut from a fillet
- j. Japanese-style raw fish prepared with rice seasoned with sweet wine vinegar and seaweed
- k. Japanese-style raw fish served on its own

Column 2

- 1. crustaceans
- 2. tranche
- 3. sashimi
- 4. goujonette
- 5. anadromous
- 6. drawn fish
- 7. sushi
- 8. shucked shellfish
- 9. depurated shellfish
- 10. fillet
- 11. mollusks

TRY IT!

Sautéed Trout Meunière

Yield: 10 Servings Serving Size: 1 Trout

Ingredients

10 Pan-dressed trout (about 10 oz each)
 To taste Salt and black pepper, freshly ground
 As needed Flour
 2 fl oz Butter or oil (for sauteing)
 10 oz (1¼ cups) Butter (for the sauce)
 2 fl oz Lemon juice
 3 Tbsp Parsley, chopped

Method

1. Rinse the trout.
2. Trim the trout as necessary, removing the head and tail if desired.
3. When ready to sauté, blot dry and season with salt and pepper.
4. Dredge the fish in flour, shaking off any excess.
5. Heat a sauté pan to medium-high.
6. Add the butter or oil.
7. Sauté the trout until the flesh is opaque and firm, about 3 minutes per side (145° F).
8. Remove the trout from the pan. Keep the trout warm on heated plates while completing the sauce.
9. To begin preparing the sauce, pour off the excess fat from the pan.
10. Add whole butter (about 1 oz per portion).
11. Cook until the butter begins to brown and has a nutty aroma.
12. Add the lemon juice.
13. Swirl the pan to deglaze it.
14. Add the parsley and immediately pour or spoon the pan sauce over the trout.
15. Serve immediately.



Recipe Categories

Fish

Chef's Notes

When you add the lemon juice to the pan, the sauce will foam up.

Potentially Hazardous Foods

Seafood

HACCP

Refrigerate at 41° F or below.

Cook to an internal temperature of 145° F or higher.

Nutrition

Calories	333
Protein	19 g
Fat	17 g
Carbohydrates	24 g
Sodium	705 mg
Cholesterol	76 mg

TRY IT!

Broiled Lemon Sole on a Bed of Leeks

Yield: 10 Servings Serving Size: 6 oz

Ingredients

- 3¾ lb Sole fillet
- 1½ fl oz Lemon juice
- ½ tsp Salt
- ¼ tsp Black pepper, freshly ground
- 1 fl oz butter
- 6 oz (2 cups) Bread crumbs, white, fresh
- 2 oz (¼ cup) Butter, unsalted (for the sauce)
- 1½ lb (6 cups) Leeks, julienned
- 4 fl oz Heavy cream

Method

1. Preheat the broiler.
2. Cut the fish into ten equal 6-oz portions (or two 3-oz pieces per portion).
3. Season the fish with the lemon juice and half of the salt and pepper.
4. Brush the fish with ½ fl oz of the butter.
5. Work the remaining ½ fl oz of butter into the breadcrumbs to moisten them slightly.
6. Coat the top of the fish with the breadcrumbs.
7. Place the sizzle plate 4 inches under the broiler.
8. Broil undisturbed for about 4 minutes or until the fish is done and the topping is browned.
9. Melt the butter in a large sauté pan.
10. Add the leeks.
11. Cover.
12. Stew gently until the leeks are tender, about 6 to 8 minutes.
13. Season the leeks with the remaining salt and pepper.
14. Add the cream.
15. Reduce slightly, about 2 minutes.
16. Serve the fish on a bed of 4 oz of stewed leeks.



Recipe Categories

Fish

Chef's Notes

Other flaky fish, such as cod or sea bass, could be substituted for the sole.

Potentially Hazardous Foods

Seafood, Dairy

HACCP

Refrigerate at 41° F or below.

Cook to an internal temperature of 145° F or higher.

Nutrition

Calories	211
Protein	34 g
Fat	6 g
Carbohydrates	4 g
Sodium	150 mg
Cholesterol	96 mg

TRY IT!

Mussels Marinière

Yield: 10 Servings Serving Size: 6 oz

Ingredients

- 4 oz (½ cup) Butter, unsalted, cut into small cubes
- 5 oz (¾ + 2 tsp) Shallots, minced
- 4 fl oz fish or chicken stock
- To taste Salt and black pepper, freshly ground
- 2 Thyme sprig
- 4 lb Mussels, cleaned and debearded
- 3 Tbsp Parsley, chopped

Method

1. Melt 1 oz of butter in a large heavy saucepan over medium-high heat. Add the shallots.
2. Cook until soft and translucent, 1 to 2 minutes.
3. Add the stock, a sprinkling of the pepper, and the thyme.
4. Allow the mixture to simmer 2 to 3 minutes. Add the mussels.
5. Cover. Cook over high heat, shaking the pan often so all the mussels open at about the same time, 2 to 3 minutes.
6. Take off the cover. Remove the mussels as they open and place them on a warm serving platter.
7. When all the mussels have opened, strain the cooking broth through a fine sieve into a clean saucepan.
8. Bring the liquid to a boil.
9. Cook briefly over high heat until syrupy, about 1 minute.
10. Remove the saucepan from the heat.
11. Gradually add the remaining butter to the broth, whisking to incorporate.
12. Adjust the seasoning, if necessary.
13. Pour the sauce over the mussels. Serve hot.
14. Sprinkle with chopped parsley.



Recipe Categories

Fish

Chef's Notes

Additional herbs and spices (such as dill, mustard seed, coriander, or cayenne pepper) can be substituted for or added to the thyme in Step 3.

Potentially Hazardous Foods

Seafood

HACCP

Refrigerate at 41° F or below.

Cook to an internal temperature of 145° F or higher.

Nutrition

Calories	302
Protein	13 g
Fat	5 g
Carbohydrates	52 g
Sodium	154 mg
Cholesterol	9 mg