Deep Fried Mussels



Consejo del chef

Pour the béchamel on a platter to cool it faster before stuffing the mussel shells with it.

Raciones para 1

- ❏ **1 Kg** Mussels
- ❏ **1** Onion
- ❏ Clove of garlic
- ❏ Olive Oil
- ❏ **2 Tablespoons** Tomato sauce
- ❏ **100 ml** White whine
- ❏ **80 gr** Butter
- ❏ **100 gr** Wheat flour
- ❏ **250 ml** Milk
- ❏ **250 ml** Mussels cooking stock
- ❏ Salt
- ❏ Black pepper
- ❏ Nutmeg
- ❏ **2** Eggs
- ❏ Breadcrumbs

1. Clean the mussels thoroughly and debeard them with a sharp knife. Arrange them on an oven tray and cook in the oven with the 100° C steam function until they open. Remove the shells and set aside. Reserve the remaining mussel stock.

2. Chop the onion and garlic and sauté them in a frying pan with olive oil. When tender, add tomato sauce and white wine. Cook until the alcohol evaporates. Chop the mussel flesh and add it to the mix. Set aside. Prepare the béchamel by melting the butter in a saucepan.

3. Combine with flour and cook for a few minutes before pouring the milk and the mussel stock. Stir with a whisk and cook until it thickens. Add the previous mixture to the béchamel, stir, and season with salt, black pepper, and a pinch of nutmeg.

4. Then, stuff the mussels, coat them with beaten eggs and breadcrumbs and deep fry them.

Chef's Notes

https://cookinglovers.teka.com/en/receta/mejillones-tigre/