



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 wine

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/>

