

Atlantic Mussels Marinated in Sherry, Fennel, and Orange



CANADIAN AQUACULTURE
INDUSTRY ALLIANCE

ALLIANCE DE L'INDUSTRIE
CANADIENNE DE L'AQUICULTURE

Species

Atlantic mussels

Supplier

Canadian Cove from Atlantic
Aqua Farms, PEI

Pairing

Golden Horseshoe
Premium Lager

Ingredients

5 lbs Atlantic mussels
1 head fennel
2 oranges
½ litre orange juice
¼ cup sherry vinegar
¼ cup grape seed oil
5 shallots
5 cloves garlic

Method

1. Finely slice the shallots, garlic.
2. Sweat in a large pot until tender.
3. Deglaze with the sherry vinegar, and orange juice.
4. Bring to a boil and add the mussels.
5. Steam the mussels and once they're open, refrigerate.
6. Strain the cold liquid and add the finely sliced fennel and grape seed oil.
7. Pour the liquid over the mussels and garnish with orange zest, orange segments & fennel fronds.

A collaboration between the Canadian Aquaculture Industry Alliance, Starfish Oyster Bed & Grill and Great Lakes Brewing in September 2009, the Farmed Seafood Extravaganza was a delicious way to showcase the quality, freshness and diversity of seafood farmed in Canadian waters. This gastronomic feast wouldn't have been possible without the support of dedicated growers and regional aquaculture associations across the country.