

# HOOKED ON FISH

Fresh. Simple. Sustainable.

## **Moules Frites**

**David Lebovitz**

4 tablespoons (60g) unsalted or salted butter  
1/2 cup (55g) peeled and finely chopped shallots  
6 garlic cloves, peeled and finely chopped  
pinch of salt  
3 cups (750ml) dry white wine  
1/4 cup (15g) chopped flat-leaf parsley  
4 pounds (1.8kg) mussels, cleaned and debearded

In a large pot or Dutch oven, melt the butter over medium heat. Add the shallots, garlic, and salt, and cook, stirring frequently, until the shallots and garlic are soft and wilted, 1 to 2 minutes.

Add the wine and parsley and bring to a boil. Add the mussels to the pot, stirring them a few times, then cover and steam for about 5 minutes until the mussels open, lifting the lid midway during cooking to give them a stir.

Remove from heat and serve the mussels with French fries and hearty, coarse bread, to soak up the liquid.

Serves 4 to 6

Check our website for more recipes:

<https://www.hookedonfishchicago.com/recipes>