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Recipe number sixty

Cozze al forno

Mussels from the oven

Ingredients for 4 people

600 – 800 g mussels First put the mussels into cold water for at least half an hour. Clean them: with the back of a knife or with coarse steel wool. Pull off the «beard», rinse twice in cold water and leave them standing in cold water.

Heat the widest frying pan you have, drain the mussels in a colander and put them into the pan. Cook them covered over high heat for a few minutes and wait until they have opened.

Then take them off the heat at once, remove the lid and leave them to cool a little. Open the mussels and take off the top shells. If a mussel has barely opened, use a kitchen knife to help, and to be on the safe side smell it. If it smells good, it is perfectly good to eat.

Line a baking tray with paper and put the mussel halves on it.

about 2 tbsp breadcrumbs Use fine-ground from dried leftover bread if possible

1 tbsp parsley chopped and

1 garlic clove crushed

Mix breadcrumbs, parsley and garlic with olive oil until you have a thick paste. Spread it on the mussels.

Bake in the oven at 200 degrees for about 10 minutes. As soon as it sizzles, take the tray out of the oven and arrange the mussels.

Works as finger food – as an antipasto – as a main course – always works – and wins over even non-mussel-eaters!



VERONICA'S TIP

Serve bread with them, or white beans flavoured with a little sage – and olive oil, of course. We use fagioli zolfini for this, the particularly fine and typical Tuscan beans that have become so rare that their growing and sale is supported by Slow Food.