

Spicy Caesar Mussels

Nourished Kitchen

Dietitian Consulting



Makes 5 lbs

Ingredients

5 lbs		Mussels, fresh
3 cups	750 ml	Tomato clam juice
3 tbsp	45 ml	Worcestershire sauce
1 tbsp	15 ml	Hot sauce
2 tbsp	30 ml	Lime juice
1 cup	250 ml	Celery, sliced
1 tsp	5 ml	Celery salt

Directions

1. Rinse and sort mussels. Discard any mussel that are cracked or doesn't close when tapped gently.
2. In a large saucepan over medium-high heat, add tomato clam juice, Worcestershire sauce, hot sauce, lime juice, celery and celery salt. Mix to combine.
3. Gently add the mussels to the pot, cover and let steam for 5-10 minutes until mussels are open and firm. Discard any mussels that haven't opened.