



**WILLOW
VALLEY**
COMMUNITIES



Chef Josh Manny's PEI Mussels with Tomato & Fennel

Ingredients (Cake Batter):

Extra Virgin Olive Oil	2 oz.
PEI Mussels	20 each
Shaved fennel	3 oz.
Garlic, smashed	1 clove
Dry white wine	1 cup
Chicken stock	1/2 cup
San Marzano tomatoes, gently crushed	1/2 can
Butter	1 tbsp.
Chives, finely cut	1 tbsp.
Parmesan cheese, grated	2 oz.
Salt and pepper	<i>To taste</i>

Directions

1. Heat a large sauté pan (or medium sized pot) on the stove at medium heat.
2. Add your oil and immediately add your fennel.
3. Sweat the fennel in the pan (until slightly translucent) for about a minute.
4. Add your crushed garlic and continue to cook for another 30 second all the while stirring.
5. Add your dry white wine and reduce slightly (for about a minute).
6. Add your chicken stock and tomatoes.
7. Cook for a minute more, then add your mussels.
8. Cover your pot or sauté pan with a lid, gently simmering the mussels in the sauce until they open. This takes about two minutes.
9. Once your mussels are opened up, turn down your heat to low.
10. Swirl in your butter until fully incorporated and add your chives.
11. Taste for salt and season appropriately.
12. Take your mussels off the heat and plate in a generously sized bowl.
13. Be sure to pour over all of your sauce!
14. Sprinkle with your parmesan and for a nice little touch, place small pieces of the fennel fronds on top for an extra pop of anise flavor

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