

Cavendish Cottage Curry Mussels

(Dr. Gary McLean)



Ingredients

- 2 L Heavy Cream (35%)
- 1 C. 'Cool Runnings' Jamaican Style Curry Powder (*available @ Superstore*)
- 10 Lbs. Island Mussels
- 1 C. Maple Syrup
- 2 Lg. Red Peppers - Sliced
- 1 Crusty Baguette

Method

1. In sauce pot add 2 L of heavy cream and bring to a simmer
2. Add 1 C. curry powder, or more depending on taste
3. Add & combine 1 C. maple syrup
4. In a large pot, steam mussels until open with very little water, add red pepper at beginning of steaming process.
5. When mussels are steamed (open), add sauce and stir.
6. Serve w/ crusty baguette for dipping in sauce.