

Moules Provençale

Serves 6

- 1 kg/person mussels, cleaned
- ½ bottle dry white wine

Provençale Sauce:

- 3 T olive oil (42 g butter or both)
- 3 onions, chopped
- 2 celery stalks, chopped
- Fennel, thinly sliced (if available)
- 4-6 garlic cloves, chopped
- 2 T chopped fresh basil, plus extra to garnish
- *bouquet garni*
- 2 T tomato paste, plus a little more
- 3 (400 g) cans chopped tomatoes,
- Salt and pepper
- 3-5 tsp sugar, to taste



Sauce:

1. Heat **olive oil** in a large pot, add the **onions, celery, garlic, basil** and **bouquet garni**, and cook over low heat for **5 minutes or until softened** but not browned.
2. Mix in **tomato paste** and **tomatoes, salt, pepper**, and **sugar**, and **simmer gently for 30 minutes**.
3. Put the **mussels** in pot with the **wine**, over high heat, cover and bring to a boil. Cook for a few minutes only, until the mussels have opened, stirring frequently to ensure they are evenly cooked.
4. Discard any mussels that have not opened.
5. Sprinkle with chopped **basil** and serve at once.

***Do not debeard mussels until just ready to cook.**