



FORGED OF THE EARTH,
TEMPERED BY THE SEA

West Coast White Mussel Pot

Plump, briny and full of Atlantic character, West Coast white mussels are a true taste of the shoreline and well worth the time to prepare. Harvested from the rugged waters that shape Fryer's Cove, they capture the essence of this untamed coast. If white mussels aren't available, black mussels make an equally delicious companion on this coastal journey.

Prep time: 15 mins / Cook time: 15 mins / Serves: 4

Ingredients:

- 3 kilograms of fresh white mussels, cleaned
- 2-3 large leeks, washed and thinly sliced
- 3 large cloves of garlic, finely chopped
- 30ml butter, for frying
- 4 sprigs fresh rosemary, leaves finely chopped
- 20ml wholegrain mustard
- 20ml Dijon mustard
- 150ml dry white wine
- 250ml fresh cream
- Salt and pepper
- A handful of fresh parsley, finely chopped
- Crusty bread and lemon wedges, to serve



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Method

Prepare the Atlantic Harvest

Submerge the white mussels in cold salted water for a few hours to gently purge any sand, revealing their pure coastal character. If white mussels are unavailable, black mussels are an equally worthy companion. Discard any mussels that do not close when tapped firmly, then refrigerate the cleaned mussels until you're ready to begin the journey.

Capture the Coast

Using a large, stove-proof casserole with a lid, gently sauté the leeks in butter over medium heat until soft and fragrant. Add the garlic, rosemary and wholegrain mustards before deglazing with the wine. Pour in the cream and allow the sauce to simmer gently for five minutes, developing layers of flavour inspired by the rugged Cape West Coast.

Steam in the Spirit of the Sea

Add the mussels to the warm sauce, cover with the lid and allow them to steam for 5–8 minutes until they open naturally. Discard any that remain closed, then gently stir the mussels through the creamy sauce and finish with a scattering of fresh parsley.

Serve at the Water's Edge

Bring the casserole straight to the table with lemon wedges and plenty of fresh, crusty bread to soak up every drop of the rich coastal sauce. Complete the experience with a chilled glass of Fryer's Cove Bamboes Bay Sauvignon Blanc – a wine born just metres from the Atlantic, perfectly matched to the wild flavours of the sea.