

# The Mussel Cookbook

Sarah Hurlburt



# The Mussel Cookbook

**Alan Watson**



## **The Mussel Cookbook:**

**The Mussel Cookbook** Sarah Hurlburt, 1977 Tender plump and tasty the blue mussel *Mytilus edulis* is treasured in most of the world's cuisines but strangely ignored in North American cooking. This edible mollusk is naturally abundant on both American coasts and easily cultivated. As over harvesting makes many other seafoods ever more scarce and expensive the blue mussel offers an inexpensive and attractive alternative to more costly and wasteful sources of protein. To tempt American palates and draw attention to this remarkably versatile and nutritious seafood Sarah Hurlburt has written *The Mussel Cookbook*. In her entertaining introduction Hurlburt tells about mussels how they live how they saved a bridge from collapsing why barrels of them appeared in American police stations how they are farmed in Spain France and Holland. Then she offers over a hundred recipes. Whether you are a beginning cook or a devotee of haute cuisine you will find recipes to match your abilities simple dishes for the out of doors appetizers soups and stews salads casseroles main dishes from abroad and elegant party entrees. From Europe Hurlburt brings back paella cannelloni and soufflé of mussels among many others. From Asia come curried and stir fried mussels as well as the delectable *midia dolma*. There are a dozen quick and easy tricks there are flamed mussels and mussels Rockefeller. She describes how to clean and freeze mussels and gives tips on how to use them. Sarah Hurlburt in collaboration with her husband Graham has spent many years learning about the blue mussel. Together they have studied European methods of mussel farming and begun their own experimental Cultivation project in Massachusetts. Ms Hurlburt's recipes have been featured in the *New York Times* the *Boston Globe* the *Boston Herald* *American* and *Harvard Magazine*. Stories about the Hurlburts' adventures with mussels have appeared in the *Washington Post* the *Cornell Quarterly* and the *Marine Fisheries Review*. A discussion of their work has appeared in the *Congressional Record*.

*The Mussel Cookbook* Sarah Hurlburt, 1977-01-01 A general introduction to the history and popularity of the blue mussel precedes more than one hundred recipes involving this inexpensive attractive and versatile source of protein. *The Mussel Cookbook* Laura Sommers, 2023-05-02 Mussels are a versatile and delicious ingredient that are widely enjoyed around the world. From the bustling seafood markets of Europe to the tranquil bays of New England mussels have been a staple food for centuries and are beloved for their sweet briny flavor and tender texture. This cookbook is a celebration of all things mussels. Whether you're a seasoned chef or a home cook looking to experiment with new flavors you'll find a range of inspiring recipes that showcase the versatility and taste of these wonderful shellfish. From classic French dishes like *moules marinières* and baked mussels with breadcrumbs to more exotic offerings like Thai coconut mussel soup and Spanish mussel soup there's something here to suit every taste and occasion. You'll also find recipes that pair mussels with pasta rice and other ingredients to create hearty and satisfying meals that are sure to please. With tips on how to select store and prepare mussels as well as techniques for cleaning and cooking them this cookbook is an indispensable resource for anyone who loves these delicious and nutritious shellfish. So whether you're a lifelong mussel aficionado or just discovering their delights for the first

time get ready to dive in and discover the many ways to enjoy one of the world's most beloved seafood treasures Recipes Include *Easy Mussels Cookbook* BookSumo Press,2016-08-09 The Most Delicious Mussel Recipes Get your copy of the best and most unique Mussel recipes from BookSumo Press Come take a journey into the delights of easy cooking The point of this cookbook and all BookSumo cookbooks is to exemplify the effortless nature of cooking simply In this book we focus on Mussels The Easy Mussel Cookbook is a complete set of simple but very unique Mussel recipes You will find that even though the recipes are simple the tastes are quite amazing So will you join us in an adventure of simple cooking Remember these recipes are unique so be ready to try some new things Here is a Preview of the Recipes You Will Learn Mussel Vinaigrette Sanibel Island Style Mussels Mussels Thai Style Italian Mussels Stew Genuine Spanish Rice with Mussels Moroccan Mussels Japanese Mussels Simple Portuguese Mussels Mussels South East Asian Style Traditional Greek Mussels Much much more Related Searches Mussel cookbook Mussel recipes Mussels Mussel cook book seafood recipes seafood cookbook fish recipes cookbook **Mussels** Alain Bossé,Linda Duncan,2014-04-25 The story of Mussels starts with the humble mussel a shellfish so unassuming that the impact it had on the two of us was quite unexpected as the authors the Kilted Chef Alain Bosse and his good friend Mussel Mama Linda Duncan of this book say When these two met they discovered they shared an identical passion to get the word about this sensational seafood out to as many people as possible as quickly as possible This cookbook Mussels is the satisfying result It includes 77 recipes for using mussels in every type of dish from where you would expect them in appetizers salads and mains to where they are a delightful whimsical surprise in pickles pies and cocktails Mussel Strudel anyone Mussels is for anyone who is passionate about mussels and looking for new ways to cook and eat them This mighty mollusc has long been a staple on restaurant menus but many people still hesitate to cook mussels at home This book shows how easy it is to choose store and cook this healthy and tasty seafood Everyone who wants to can now cook mussels with confidence *The Great Mussel and Clam Cookbook* Whitecap Books,2002 Filled with tantalizing recipes and beautiful color photographs this new series brings the best of the sea into the kitchen Each volume includes hints on buying preparing and serving various shellfish lobsters and crabs mussels and clams scallops and oysters and prawns Sensational recipes and simple instructions make elegant dishes accessible to the casual cook Indulge in the succulent flavor of the sea as you prepare quick weekday meals or elegant dinner parties from these recipes that will have delightful and surprising results **Hello! 175 Mussel Recipes** MR Seafood,2019-11-21 Do You Love Seafood Like Fish Read this book for FREE on the Kindle Unlimited NOW DOWNLOAD FREE eBook PDF included ILLUSTRATIONS of 175 Mussel Recipes right after conclusion If yes discover the book Hello 175 Mussel Recipes Best Mussel Cookbook Ever For Beginners with the following parts right now 175 Amazing Mussel Recipes One of the best reasons to eat seafood is the nutrients that you can get from them It is a good source of protein and some are rich in fatty acids called omega 3 unsaturated fats that are essential for eye heart brain and bone health Another good reason to eat seafood is being down right delicious I know that we should consider

what we eat and how much to protect the oceans and make sure there are enough fish for everyone in the future it s also important to add a reasonable amount of seafood to your healthy diet In this regard I will post a few appetizing seafood dishes to motivate you in the coming weeks The greatest inspiration that I can share to all non fish eaters is this growing up not eating seafood my husband pretty much never ate it before we met He then began to order seafood in restaurants after eating many of my home cooked dishes over the years He even shoots oysters now To those who already love seafood and need not to be convinced hope you ll find bright ideas from the book Hello 175 Mussel Recipes Best Mussel Cookbook Ever For Beginners as well as the big series about seafood such as Mussel Recipes Lobster Recipes Low Sodium Seafood Recipes Scallop Recipes Crab Recipes Shellfish Cookbook Saffron Cookbook Mussels Cookbook Thai Curry Cookbook Steam Food Recipes Italian Seafood Cookbook Seafood Pasta Cookbook Purchase the Print Edition RECEIVE a digital copy FREE via Kindle MatchBook Thank you for your support and for choosing Hello 175 Mussel Recipes Best Mussel Cookbook Ever For Beginners Let this be an inspiration when preparing seafood in your kitchen It would be lovely to know your cooking story in the comments section below

**The Great Eastern Mussel Cookbook** Cindy McIntyre, Terence Callery, 1995-01-01 With more than 60 savory recipes this book offers wonderful ways to enjoy delicious and healthy mussels [75 Homemade Mussel Recipes](#) Christina Crook, 2020-12-07 SEAFOOD Makes You Live 10 Years More Read this book for FREE on the Kindle Unlimited NOW Yeppppp That is the truth So now let s take a look at delicious recipes you can prepare at home in the book 75 Homemade Mussel Recipes 75 Awesome Mussel Recipes When you re making changes to your diet it s important to know why you have to eat less of some foods and more of others especially if your goals are to lose weight and become healthier If you understand the things about seafood that make them good for you it becomes easier for you to add it to your regular diet Here are the different reasons to eat seafood Supplies nutrients your body needs Helps in weight loss Seafood makes you full for a long time Seafood is light on the tummy Seafood contains few calories Makes the heart healthier Keeps your brain protected Keeps depression at bay and treats it So why don t you eat Seafood immediately I hope you enjoy the book 75 Homemade Mussel Recipes You also see more different types of recipes such as Clam Recipes Chorizo Cookbook Butternut Squash Recipes Tomato Sauce Cookbook Hard Cider Recipe Spicy Tofu Cookbook Chipotle Cookbook DOWNLOAD FREE eBook PDF included FULL of ILLUSTRATIONS for EVERY RECIPES right after conclusion I really hope that each book in the series will be always your best friend in your little kitchen Let s live happily and eat seafood every day Enjoy the book

**150 Mussel Recipes** Hailey Ward, 2020-07-25 SEAFOOD Makes You Live 10 Years More Read this book for FREE on the Kindle Unlimited NOW Yeppppp That is the truth So now let s take a look at delicious recipes you can prepare at home in the book 150 Mussel Recipes Chapter 1 Mussel Main Dish Recipes Chapter 2 Mussel Appetizer Recipes Chapter 3 Awesome Mussel Recipes When you re making changes to your diet it s important to know why you have to eat less of some foods and more of others especially if your goals are to lose weight and become healthier If you understand the things about seafood

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Sergio Herman cooked in his family's mussel restaurant Oud Sluis. By 2005 the restaurant had been awarded three Michelin stars. Sergio still holds on to those smells and flavors and honors them in this unique cookbook that celebrates the undersung black gold. From mussel and ricotta stuffed Cannelloni to grilled monkfish and mussel b. arnaise sauce find fifty simple mussel recipes from all over the world both classic and modern along with recipes for side dishes and sauces as well as drink suggestions. Whether marinated pickled cooked steamed or fried each mussel preparation offers their own surprising taste sensation making it deserving of a place in homes everywhere. [Cultured Mussel Cookbook](#) Alan Watson, 1987-11-01

[Mussels and Clams](#) Anna Luccetti, 2016-11-01 Exercise your creative impulses with this superb collection of mussel and clam recipes. As you delve into these pages you will be pleasantly surprised by the sensational dishes. The versatility of mussels and clams will amaze you forever dispelling the myth that cooking seafood should be confined to restaurant chefs. Page after page feature step by step instructions to guide your hand and feed your imagination. If you are hosting a dinner party or want to jazz up an everyday lunch find out how cooking with mussels and clams can be an absolute treat. [Mussel Mania](#) Flaming Flavors Kami, 2023-08-07 Mussels are a true seafood delicacy known for their tender meat and rich flavor. They are also incredibly versatile able to be used in a wide range of dishes and prepared in countless ways. Whether you prefer them steamed baked fried or simply served raw there are plenty of ways to enjoy the marvelous mussel. With [Mussel Mania](#) 94 Delicious Recipes you'll be able to explore the culinary possibilities of this beloved shellfish with recipes ranging from classic French dishes to innovative takes on Asian and Mediterranean cuisine. The philosophy behind [Mussel Mania](#) is to showcase the incredible versatility of mussels and provide home cooks with accessible and easy to follow recipes that highlight their unique flavor and texture. Through a variety of cooking techniques the book explores the many ways in which mussels can be prepared from simple hors d'oeuvres to hearty mains soups and stews. With creative pairings like coconut and curry chorizo and tomato and garlic and white wine each dish is bursting with flavor and sure to please even the most discerning palate. The book is divided into six chapters each dedicated to a different style of preparation. First we have the classics which include timeless French dishes such as moules marinières and coquilles St Jacques. Next we explore innovative new takes on classic flavor combinations such as Italian style mussels in tomato sauce and Spanish style mussels with chorizo and sherry. In the next chapter we delve into Mediterranean flavors with dishes such as mussels with feta and olives and mussels with white wine and lemon. Moving on to the fourth chapter we focus on the fusion of traditional Asian and Western flavors with unique takes like Thai style mussels with coconut and curry and Japanese style mussels with miso and seaweed. The fifth chapter is dedicated to hearty soups and stews perfect for warming up on chilly evenings. Finally we round out the book with a chapter on appetizers and snacks including crispy fried mussels and grilled mussels with garlic butter. Throughout the book there are plenty of tips and tricks for buying and cooking mussels as well as suggestions for wine pairings and serving suggestions. Whether you are a seasoned home cook or a novice in the kitchen [Mussel Mania](#) is the

perfect cookbook to help you get the most out of this versatile and delicious shellfish With its comprehensive approach to mussel cooking inventive recipes and stunning photography Mussel Mania is sure to become a staple in any seafood lover s kitchen

*The Northwest Best Places Cookbook* Cynthia C. Nims,Lori McKean,1996-01-01 As Northwest cuisine takes the country by storm the venerable Northwest Best Places travel guide heads into the kitchen with this collection of recipes from its star rated establishments Here are 125 inspired recipes from Northwesterners favorite restaurants and lively essays on the region s indigenous ingredients With this cookbook food lovers can savor the best of the Northwest without ever leaving home

*Famed Mussel Greats* Five Star Cooks,2017-03-31 Food is love food is emotion What good is a rare recipe book when it does not bring emotion happiness joy and love to your kitchen and dinner table Everything you touch see and smell while cooking moves the soul sparks a memory this drop dead gorgeous Mussel rare recipe book will make you FEEL that We passionately slipped emotions into every delicate Mussel recipe making them quirky stand out and hilarious Read them out LOUD and laugh giggle while you follow their easy evocative steps and crave the food you make You ll love this book the spiffing recipes are easy the ingredients are easy to get and they don t take long to make Foodlovers turn to sound Mussel Greats for flavourful information and inspiration Everything is in here from the proverbial soup to nuts Belgo Po pei Unitary Mussel Platter Mariniere Lawlz Mussel Pot Astronomical Mussels A La Portuguese Black Rufus Spaghetti Alla Chitarra With Cocky Mussels Chilies And Artful Mint Italian New Year s Didactic Mussels With Uncontestable Saffron tomato On hand Mayonnaise Thai Sensuous Mussel Soup Irresistible Pate Cregyn Gleision Mucai Menai All important Pride Mussel Irresistible Pate Steamed All embracing Mussels With Bohemian Tomato Sauce And Beloved Feta and much much more This is a very satisfying book however I would recommend you eat something before you read this book or you won t be able to make it through without reaching for a skillet or saucepan Mussel Greats is funny and packed with more bitching information than you could imagine 21 Delicious pretty recipes covering everything each using ingredients that should be simple to find and are Mussel indulging This drop dead gorgeous cookbook offers great value and would make a fabulous gift This magic book will also give you enough knockout inspiration to experiment with different ingredients since you ll find the extensive delectable index to be extremely helpful The sizzling recipes are superb Wonderfully easy to put together and you don t have to make or purchase a ton of ingredients or fancy kitchen gadgets before you have a chance to play with them There s only one staggering word that describes it all Yummy

**New England Open-House Cookbook** Sarah Leah Chase,2015-06-02 I ve adored Sarah Chase s cookbooks for decades This is exactly what you want to cook at home delicious satisfying earthy food your friends and family will love Ina Garten Barefoot Contessa Cookbooks and Television From a born and bred New Englander comes a book that sings with all the flavors and textures of the beloved region Sarah Leah Chase is a caterer cooking teacher and prolific writer whose books including *The Silver Palate Good Times Cookbook* as coauthor and *Nantucket Open House Cookbook* have over 3 4 million copies in print For *New England Open House Cookbook* she draws

from her memories of growing up in Connecticut and Maine her experience living and cooking on Cape Cod and her extensive travels meeting farmers fishermen and chefs The result is a wide ranging cookbook for everyone who has skied the mountains of Vermont sailed off the coast of Maine dug for clams on Cape Cod or just wishes they had It reflects the bountiful ingredients and recipes of New England served up in evocative prose gorgeous full color photographs and 300 delicious recipes All of New England s classic dishes are represented including a wealth of shellfish soups and stews and a full chapter celebrating lobster From breakfast Debbie s Blue Ribbon Maine Muffins to delightful appetizers and nibbles Tiny Tumbled Tomatoes Oysters Clark Rockefeller to mains for every season and occasion Baked Bluefish with New Potatoes and Summer Rib Eyes with Rosemary Lemon and Garlic Plus perfect picnic recipes farmstand sides and luscious desserts

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