

Mussels with Saffron Sauce

Mussels Cooked In A Rich Saffron Broth with Garlic, White Wine and Shallots

First thing's first... I know not everyone can get saffron. The notes will have suggestions for not using it. Ok, with that out of the way, OMG THIS IS DELICIOUS!!!! Prior to this dish, I had never made mussels before. Want to know how easy it is? I watched a 5 minute Youtube video to learn how to do it. It's that simple. This dish is so rich, flavorful and elegant, that it is sure to be a huge eye poppin' crowd pleaser for parties or entertaining. First, I'll show how to make them with fresh mussels, followed by steps for using frozen mussels... because I'm cool like that. 😊

Servings Info.:

Yield: 2 pounds

Servings: 4

Serving Size: Umm... 1/4



Range

0-1

- last checked 01/07/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

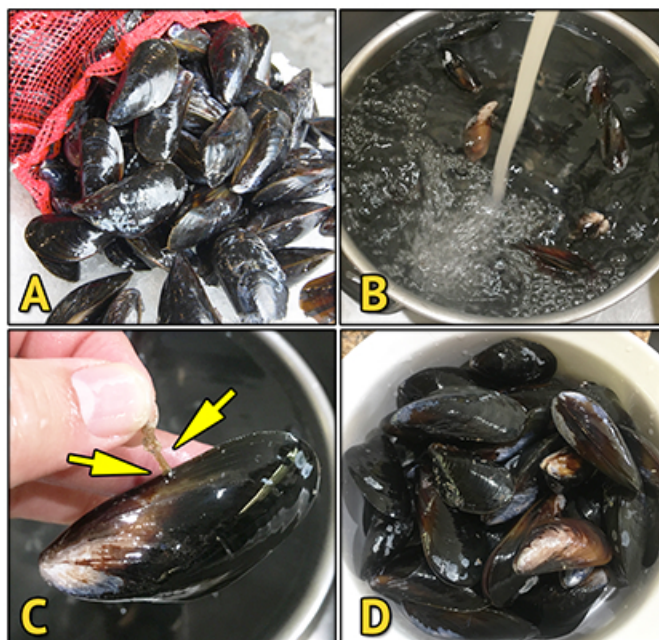
- 2 pounds live mussels, whole, in-shell (see note!)
- 1 tsp reduced fat parmesan topping (like Kraft sprinkles)
- fresh chopped basil or parsley for garnish

Broth Ingredients:

- 8 second spray, butter flavored cooking spray
- 1 medium shallot, finely diced (around 1/4 cup)
- 3 medium garlic cloves, diced
- 8oz bottled clam juice
- 1 Tbsp lemon juice
- 1 Tbsp white wine vinegar
- 2 Tbsp unsweetened plain almond milk
- 1 tsp salt
- 1/4 tsp black pepper
- 2 tsp Molly Mcbutter butter sprinkles, or butter flavored popcorn sprinkles (OPTIONAL)
- 1-1/2 tsp cornstarch, dissolved in 1 tsp water
- 1/2 tsp loosely packed saffron threads**

Directions:

Just a reminder. I'm going to first, be going over how to make this recipe using FRESH mussels, followed by instructions for making them with Frozen ones.



1. (A) Go to the store and buy 2 pounds of fresh mussels. (B) Place them into a large bowl and cover with cool water. Allow them to soak for at least 1 hour. (C) Most all of the mussels have a little fibrous strand, kind of like seaweed, that they use to attach themselves to things in the ocean. It takes a lil effort, but you can either pull it off with your fingers, or use a pair of scissors to snip it off. (D) Put the mussels back into a bowl while you get the sauce ready.



2. In a small bowl, combine the clam juice, lemon juice, vinegar, almond milk, salt, pepper, cornstarch, butter sprinkles (if using) and the saffron threads. Stir together, then let sit for 10 minutes.



3. (A) In a large pot, sautee the diced shallots and garlic over medium heat, with an 8 second spray of butter flavored cooking spray. Cook until the garlic is fragrant and the shallots are slightly softened. (B) Pour in the Saffron infused liquid, bring to a boil and simmer for 2-3 minutes. (C) Take the mussels out of their water and place them into the pot. Cover and cook on medium heat for 6-7 minutes. (D) Scoop the mussels out into a large serving bowl and pour sauce over the mussels. Sprinkle with the parmesan cheese and garnish with fresh chopped basil or parsley.



NOTES:

- A) Saffron can be found in the spice aisle of most grocery stores, along with the “fancy” spices. It’s also at trader joes. Saffron IS pricey (except for at trader joes). If you can’t toss money at a random spice, don’t worry. Your sauce will still taste great if you replace the saffron with pretty much any other spice. Add some old bay, or some extra garlic and onion powder... maybe a little chicken bouillon... get creative. Heck, want to mimic a little bacon flavor? Add some smoked paprika. Seriously, the Saffron is a big part of Saffron sauce, but you can definitely customize this to whatever you’d like. I encourage you to mess around with the recipe.
- B) The purpose of the almond milk and cornstarch is to help mimic a little bit of heavy cream in the sauce. But that’s just me. This entire huge platter is 0 points as-is, so feel free to add some I can’t believe it’s not butter Light, a little bit of whole milk, a splash of white wine... I make my stuff ridiculously low point for a reason, it allows you a LOT of room to put your own personal touch on it, while still staying low calorie and low point.
- C) If you can find fresh mussels, USE THEM. It’s a little bit more work... but it’s worth it to not have all the tiny little shell shards in your dish. As far as price goes, the frozen mussels are almost the same exact price as fresh ones.
- D) **POINTS!!:** My recipe uses 2 pounds of uncooked mussels WITH SHELLS. According to our good friend google, a good estimate, is that there is 4oz of actual mussel meat for every 1 pound of whole mussels. My recipe calculates the points, using 1/2 pound of ‘shelled’ mussel meat.

Using Frozen Mussels:



Not everyone has access to fresh mussels, so in typical me-fashion, here’s how I’d recommend using frozen mussels for this recipe. You might find frozen mussels at your grocery store, in the seafood section, or in the frozen food aisle.

Though those bags say NOT to thaw them out prior to cooking, you still need to

‘clean’ them. Frozen bags of mussels have SO MANY bits of broken shells shards in them! I recommend opening the bag and rinsing the frozen block o’ mussels in a colander. Rinse it all off till you dissolve all the ice. There are TONS of tiny bits of shell trapped in that ice! Now, you’ll have gotten rid of 99% of the shell shards, saving your expensive dental work. Put the mussels into your pot with the simmering sauce, cover the pot, and cook for 10 minutes. There still might be some little bits of shell, but there will be a lot less. If you use frozen mussels, skip step #1 of the recipe instructions.