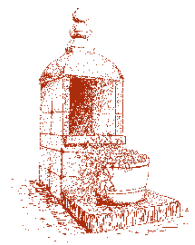


## French County Cooking at Château L'Age Baston 16110 La Rochefoucauld,

tel. (+44) 0208 858 7705 e-mail: alex@lagebaston.com web site: www.lagebaston.com



### Moules Marinières

Serves 4

2kg mussels

6 large shallots, finely chopped

6 cloves crushed garlic

1 glass white wine

150ml fish stock

25g butter cubed

Salt and pepper

2 tablespoons chopped parsley

1. If the mussels have barnacles on them, take a small knife and ease them off. Remove any of the beardy string.
2. Go through the mussels carefully. Any that are open, take them and tap them with your thumb and fingers. If they close they are alive and fresh, if they don't close they are dead. Discard the dead ones.
3. ON NO ACCOUNT USE THEM
4. Place the pan on a medium to high heat and add the butter. Once the butter has melted, add the shallots and sauté them for 2/3 minutes. Add the garlic and sauté for about a minute more. Shake the pan so the shallots and garlic do not burn.
5. When the shallots have been cooking for another minute, add the mussels, white wine, fish stock and salt and pepper. Place the lid on top of the pan.
6. Cook for about 2/3 minutes. Take off the lid add the chopped parsley and stir well.
7. Spoon into a large serving bowl and pour over the juices.
8. You can serve with mayonnaise and chips if you wish!