Mussels and Potato Salad

Description

Potato salad with mussels combines two of my favorite foods. Prepared with a vinaigrette dressing, it's easy to prepare, delicious and comes in under the healthy diet category.



Summary

Yield: 6
Prep Time: 30 minutes
Category: Seafood
Cuisine: French

Ingredients

Potato salad
- 1 1/2 lbs red potatoes, small
- 2 lbs mussels in shells
- 1 jar roasted red peppers (7 oz), cut into 1/4 inch strips
- 2 sprigs fresh basil

Steaming broth
- 1 1/2 cups dry white wine
- 4 green onions, chopped
- 1/4 tsp dry thyme leaves

Basil vinaigrette
- 1/3 cup seasoned rice wine vinegar (or white wine vinegar - less sweet)
- 1/3 cup fresh basil leaves, finely chopped
- 2 tbsp olive oil
- 1 clove garlic, minced or crushed

Mussels and Potato Salad

- 1 tbsp dijon mustard
- 1/2 tsp ground black pepper

Instructions

Basil vinaigrette
In a small mixing bowl, combine rice wine vinegar, chopped basil, olive oil, Dijon mustard, garlic and pepper. Use a whisk to mix well. Set asside.

Potatoes
Place potatoes in a 3 to 4 quart pan. Add enough water to cover potatoes by about 1 inch. Bring to a boil over high heat. Cover, reduce heat and boil gently until tender when pierced, about 25 minutes. Drain.

Cut warm potatoes in half and place in a large bowl. Mix lightly with vinaigrette dressing. Let stand and cool while cooking mussels.

Steam mussels
Clean mussels, remove beards, scrub with brush if needed and rinse well under cold water. Mussels should be closed or should close when tapped. Discard any mussels that remain open.

In a 5 quart pan, add 1 1/2 cups dry white wine, green onions and

Mussels and Potato Salad

thyme. Add mussels, cover and bring to a boil over high heat. Reduce heat and boil until mussles open, about 5 minutes. Discard any mussels that don't open.

Combine mussels and potatoes
When mussles are cool enough to handle, remove from shells and add to potatoes. Discard shells. Add roasted red peppers to potato mixture, toss gently. Cover and refrigerate for at least 30 minutes, up to a day.

To serve
Spoon potato salad with mussels into a serving bowl. Garnish with basil sprigs. Makes 6 servings.