CATANESE CLASSICS

Mussel, Blue

ABOUT

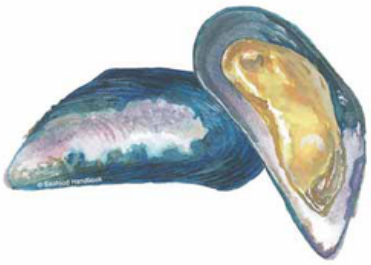
The blue mussel grows wild and are also farmed in Europe and on both coasts of North America. Maine is the largest U.S. producer, but the domestic market also draws farmed mussels from Canada's Prince Edward Island and lesser amounts from China and South America. Washington is the Pacific Coast's major supplier of farmed blue mussels. Wild mussels are found in the inter-tidal zone on rocks and pilings and in beds to depths of 30 feet. Mussels are farmed on ropes or in mesh tubes suspended from rafts. Off-bottom techniques reign, owing to quick growth, low predation, reduced sand accumulation, better taste and higher meat yield. The cultivated mussels are harvested at a shell size of 2 to 3 inches. They cost more than wild but are usually worth the extra price. To distinguish from wild mussels, check the shell. Farmed have thin, dark shells; wild have thicker, silvery shells.

PRODUCT PROFILE

Blue mussels have a distinctive rich, sweet taste, like a blend of oysters and clams. Mussels should look and smell fresh and have tightly closed shells. Mussel meats, which range from white to orange, are plump and tender, but less soft than clams. Females tend to be orange when ripe. If a mussel's shell gapes, try to pinch it shut. If the mussel is alive, it will respond by shutting its shell tightly. If it doesn't, discard the mussel, along with any that have broken shells.

COOKING TIPS

Mussels have beards, or byssus threads, which should be removed just prior to cooking. Mussels are best steamed in water, wine or cream broth seasoned with herbs and garlic. Try cold, lightly marinated mussel meats served in a sauce of mayonnaise, mustard and garlic, or use cooked mussel meats in pasta salads or as an appetizer. Mussels are also great in seafood soups or stews.



NUTRITION FACTS

Calories	86
Fat Calories	20 g.
Total Fat	2.2 g.
Saturated Fat	0.4 g.
Cholesterol	28 mg.
Sodium	286 mg.
Protein	11.9 g.
Omega 3	0.5 g.

PRIMARY PRODUCT FORMS

Live
Fresh: Meats
Frozen: Whole-shell (steamed), Halfshell (steamed), Meats (steamed), Blocks (meats)
Value-added: Marinated meats, Smoked meats, Pickled meats, Frozen (breaded or battered meats), Canned meats (stews)

GLOBAL SUPPLY

Canada, Chile, China, France, Italy, Korea, Spain, UK, United States

COOKING METHODS

☐ Bake	☐ Boil	☑ Broil	☐ Fry	☐ Grill
☐ Pate	☐ Poach	☑ Saute	☑ Smoke	☑ Steam