CATANESE CLASSICS

Mussel, Green

ABOUT

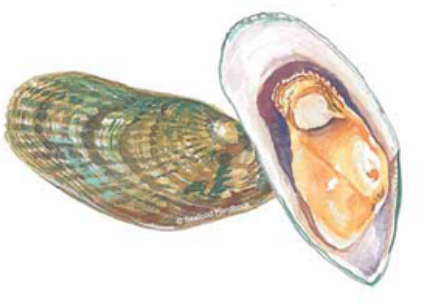
The green mussel is native to New Zealand, which has exported it to the United States since 1979. Greenshells are farmed mussels, cultivated on ropes, rafts or long-lines. Growing standards, including water quality and production levels, are tightly regulated by the New Zealand government, so quality of the product is consistently high. Green mussels boast an attractive, elongated shell that is brownish-green on one end but changes to green at its broad lip, interrupted by dark-brown striations. The mussels grow to over 8 inches, though market size is usually 3 1/2 to 4 inches. Upon harvesting, live mussels are typically cooled to about 36°F and held at that temperature throughout the shipping process. Their shells are cleaned and, in high-end operations, they are hand-graded and packed within hours of harvest. Look for the grower's name on the mussels — a dependable sign of safety and high quality.

PRODUCT PROFILE

Green mussels are sweet, tender, delicate, plump and juicy. Meat color varies from apricot to cream. Greenshells are most commonly available individually quick frozen in the whole or half shell to lock in flavor. Because they are grown on ropes suspended above the seabed, they rarely contain grit or sand. The greenshell mussel's shell is slightly open in its natural state, which New Zealanders refer to as "smiling."

COOKING TIPS

Since frozen halfshells are already partially cooked, you can add a topping of your choice before "final-touch" broiling or baking. Cooking from frozen at high heat gives the best results. Live green mussels require only a little steam or heat to open 1/4 inch. Excellent heated in Italian sauces and served with pasta. Meats are good whole or chopped in casseroles, chowders and salads, or minced in terrines, patés and quiches.



NUTRITION FACTS

Calories	85
Fat Calories	19 g.
Total Fat	2.1 g.
Saturated Fat	N/A
Cholesterol	27 mg.
Sodium	427 mg.
Protein	12 g.
Omega 3	0.5 g.

PRIMARY PRODUCT FORMS

Live

Fresh: Shucked meats, Frozen, Whole, Halfshell, Meats, Blocks

Frozen (cooked or partially cooked): Whole, Halfshell, Meats

Value-added: Marinated meats, Smoked meats, Stuffed, Pickled

GLOBAL SUPPLY

New Zealand

COOKING METHODS

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