Maine mussel chowder

1. Sort and scrub mussels. Trim byssus. Blanch the mussels in 6-qt kettle to open shells (see under Mussels a la Neurburg). Remove the mussel meat with a sharp knife. Set mussels aside.
2. Drain mussel broth into a 1-qt measuring cup by shaking kettle frequently, so mussels will cook evenly. Do not brown. Add onions, saute until transparent. Do not brown. Add the flour and stir to blend thoroughly with water. Add enough hot water to the mussel broth to make 4 cups total volume.
3. Put the diced pork in the 6-qt kettle, cook until partially rendered. Do not brown. Add onions, saute until transparent. Do not brown. Add the flour and stir to blend thoroughly with water. Add enough hot water to the mussel broth to make 4 cups total volume.
4. Add the mussels, cover, and cook over high heat until shells open (5 to 8 min—do not overcook). Shake kettle frequently, so mussels will cook evenly.
5. Sort and scrub mussels; trim off byssus around edges.

Mussels in wine

1. In 6-qt kettle, saute vegetables in % cup margarine until onions and garlic are transparent. Do not brown. Add wine, water, and seasonings. Bring to a boil, add mussels, cover, and cook over high heat until shells open (5 to 8 min—do not overcook). Shake kettle frequently, so mussels will cook evenly.
2. With slotted spoon, transfer mussels to heated serving dish. Cover with a hot, damp towel.

Mussel broth

Steam 3 lb cleaned mussels in 1 cup water in which there is a small amount of onion, celery, and parsley. Season the liquid with salt, pepper, and butter. Serve hot.

Mussel bisque

Add an equal amount of milk to mussel broth. Thicken this, using % cup flour to each cup of liquid. Boil up. Serve this with or without the addition of chopped mussels.

Mussels with linguine

1. Sort, scrub, and rinse mussels; trim byssus. Sauute onion and garlic in oil in 6-qt kettle. When onion is golden and soft, add lemon slices, tomatoes, tomato paste, basil, oregano, red wine, salt, and peppers. Simmer over low heat for 25 min with pot covered.
2. Add wine and simmer without the cover until sauce thickens—15 to 20 min. (Sauce may be prepared in advance—up to the addition of the mussels.)
3. Add mussels to sauce, cover, and cook over medium-high heat until the mussels open—approximately 5 min.
4. Cook linguine (or other pasta) according to package directions and toss with 2 tbsp olive oil to prevent sticking. Arrange linguine on a large tray. Cover with cooked mussels and tomato sauce. Serve immediately. Makes 8 to 10 servings.

Mother's tangy baked mussels

Add an equal amount of milk to mussel broth. Thicken this, using % cup flour to each cup of liquid. Boil up. Serve this with or without the addition of chopped mussels.
Mussels are found in all the oceans of the world and have been a favorite seafood of many peoples for centuries. This has not been the case in the U.S. until very recently—except for families from some ethnic backgrounds, those with traditions of choice recipes from the old country.

The mussel is a member of the clam family and is somewhat similar in appearance—except for coloring—to the softshell clam. The mussel’s outer shell is generally blue-black in color and somewhat elongated in shape.

The bay mussel (Mytilus edulis) is the best known of several mussels that inhabit protected tidal beaches along the Oregon coast. The California mussel (Mytilus californianus), found along the outer coast, is equally edible.

Mussel meat has a delicate flavor, and many who enjoy clams or oysters find mussels to be equally delicious. You can substitute mussels in most recipes calling for clams or oysters. Mussels are an excellent source of protein, vitamins, and minerals—and are one of nature’s most adaptable and digestible foods. Mussels can be steamed, fried, baked, breaded, stewed—or kept raw. (This thread is the mussel’s “holdfast” used to attach the mussel to the rock or ledge it is growing on.)

Fried mussels

5% dry mussel meats
4 eggs, beaten
3 to 4 cups soft bread

3 egg yolks, beaten
2 lemons, quartered
parsley

tartar sauce

1. Sort and scrub mussels. Trim byssus around the mouth of each mussel. Place in a pot of boiling water to open. Discard mussels that remain open or are heavy with sand. Remove mussel meat with a sharp knife.

2. Dip mussels in beaten egg and then in bread crumbs. Shake off excess crumbs.

3. Fry in deep fat at 375°F (190°C) until golden brown. Drain on absorbent paper and serve on a hot serving platter. Garnish with parsley and lemon quarters.

4. Serve cocktail sauce and tartar sauce on the side.

Baked mussels

60 mussels
sliced bacon
salt and pepper
American cheese
1 tsp chopped onion

Prepare mussels and blanch to open. Remove from shells and place in buttered baking dish. Season with salt, pepper, and onion. Cover with thin slices of bacon and cheese. Bake in moderate oven (350°F, 180°C) for 15 min or until cheese is slightly melted.

Mussels a la Newberg

3 qt mussels (approx. 100 small mussels)
2 or 3 grains cayenne
1 pt heavy cream
3 tbsp margarine
3 tbsp flour
dash salt
dash nutmeg

1. Sort and scrub mussels. Trim byssus around the edges. Blanch mussels in 8-qt kettle to open the shells. Divide and cook mussels in two batches; toss each batch into 3/4 inch boiling water; cover the pot and steam the mussels 1 to 2 min to open the shells; do not cook any longer. Remove the mussel meat with a sharp knife. Set aside. Hold the mussel broth for later use.

2. Melt margarine in a double-boiler. Blend in the flour and seasonings; cook until bubbly over direct heat. Remove the pan from the heat and stir in the heavy cream and 1 cup mussel broth. Return to the heat and bring to a boil, stirring constantly. Boil gently and stir for 1 minute or until thickened. Add a small amount of the hot sauce to the egg yolks, then stir the egg yolk mixture back into the hot sauce. Add the shucked mussels. For each 6 mussels, add 1 tbsp butter with a dash of salt and pepper.
Maine mussel chowder

6 oz salt pork, finely diced or ground
2 large onions, diced
1 lb (5 or 6) potatoes, diced (½ in)
2 tbsp flour
1 cup milk, hot—do not boil
2 cups water
1 bay leaf
1 sprig parsley
2 small clove garlic, finely minced
pinch dried thyme
½ tsp pepper
1 stalk celery, finely diced
8 cup margarine
2 tbsp soft margarine
diced carrots, finely diced
1 onion, finely diced
1 cup dry white wine
1 cup water
1 tsp salt
2 tbsp soft margarine
2 lemons, thinly sliced
1 can (6 oz) tomato paste
½ tsp oregano
1/2 tsp dried basil
1/2 tsp black pepper
1/2 tsp red pepper
3 tbsp sugar
1 cup chopped parsley
1 cup finely chopped parsley
Mother's tangy baked mussels

5 cup vegetable oil
3 tsp sugar
1 cup chopped onions
1 tsp ginger
1 cup salt
1 cup beer
¼ tsp paprika
Mussel broth

Steam 3 lb cleaned mussels in 1 cup water in which there is a small amount of onion, celery, and parsley. Season the liquid with salt, pepper, and butter. Serve hot.

Mussel bisque

Add an equal amount of milk to mussel broth. Thicken this, using ½ tsp flour to each cup of liquid. Boil up. Serve this with or without the addition of chopped mussels.

Mussels in wine

3 qt small mussels in shells (approx. 100)
1 small clove garlic, finely minced
1 stalk celery, finely diced
2 carrots, finely diced
1 onion, finely diced
1 cup chopped onions
1 cup vegetable oil
1 small clove garlic
2 lemons, thinly sliced
1 cup finely chopped parsley
Mother's tangy baked mussels

5 cup vegetable oil
3 tsp sugar
1 cup chopped onions
1 tsp ginger
1 cup salt
1 cup beer
¼ tsp paprika
Combine above ingredients and pour over 2 lb cleaned mussels. Sprinkle generously with paprika. Bake in moderate oven at 350°F (180°C) at least 1 hour. Serve with steamed rice. Serves 4.

Mussels with linguine

2½ qt mussels in shells (approx. 75)
1 can (6 oz) tomato paste
8 cup olive oil
2 cloves garlic, finely minced
2 lemons, thinly sliced
2 cups red wine
1 tsp salt
1½ cups finely chopped parsley
1 cul finely chopped parsley
Orange’s tasty mussels

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