



Recipes created for the Afternoon Show on BBC Radio Oxford 95.2FM

La Soupe Aux Moules

Ingredients

4 pints/ 2 litres cleaned mussels (a bag of mussels is typically enough)
3 chopped shallots
1 chopped clove garlic
1 bunch parsley, chopped
¼ pint or 150ml dry white wine
¼ pint or 150ml water
1 knob butter
2 chopped leeks, white part only
2 skinned & chopped tomatoes
1 finely chopped clove garlic
2 tablespoons rice
salt and pepper
Crème fraiche for serving



This recipe is from French Provincial Cooking by Elizabeth David, the classic book on French cuisine and ingredients. A recommended read and book for your cookery shelf.

Method

Put the shallots, garlic, parsley, wine and water in a pan, add the mussels and cook until opened.
Remove mussel meat, sieve liquid and reserve.
Heat the butter in a saucepan, add the leeks, tomatoes and garlic, and cook until the leek has almost melted.
Add enough water to the reserved mussel cooking liquid to make 1¾ pints (1500ml).
Add to the vegetable mixture and bring to a boil.
Add the rice and continue to cook until rice is done.
Puree half the soup in a blender and add back to the rest of the soup.
Heat up, add the mussels, check for seasoning
Simmer for 5 minutes until mussels are hot.

Other information

Serves 4
Preparation time - 15 minutes
Cooking time – 30 minutes