

# Cassolette de Moules

Baked ramekin of mussels, spinach and smoked bacon with a creamy garlic sauce, served with sourdough toast



**Prep time:** 5 minutes  
**Cooking time:** 15 minutes  
**Serves:** 4

## Ingredients

200g Bacon lardons  
150g Spinach  
70g Onion  
5g Rosemary  
1g Black pepper  
15ml Rapeseed oil  
350ml Garlic cream\*  
200g Cooked mussel meat  
200ml Whipping cream  
160g Sourdough baguette

## Mise en Place

1. Finely dice the onion.
2. Finely chop the rosemary.

## Method

1. Heat the rapeseed oil in a pan and add the diced onion, rosemary and bacon lardons. Cook until the onions become soft.
2. Lower the heat and add the garlic cream\*, black pepper and spinach.
3. Add the mussels and additional whipping cream to the pan.
4. As the mussels warm through, lightly toast the sliced baguette.
5. Once the mussels are hot, transfer the mixture into four large ramekin dishes.
6. To serve, place the ramekin onto a starter plate and place the toasted bread on the side.

## \* Garlic Cream

### Ingredients

15g Garlic purée  
375ml Whipping cream  
5ml Rapeseed oil  
3g Fish stock powder

### Method

1. Heat the oil and garlic purée in a sauce pan.
2. Add the cream and fish stock powder and bring to the boil.