

# SO MUCH TO SEA...

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## Shetland honey and chilli mussels

Recipe by Carlyn Kearney

Serves 1 or great to share with crusty bread.

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### Ingredients:

1kg local mussels, de-bearded and cleaned  
splash of dry white wine  
2 tbsp finely chopped shallots  
1 finely chopped small red chilli  
1 finely chopped small green chilli  
1/4 tsp finely chopped fresh ginger  
1/4 tsp turmeric  
1/4 tsp curry powder

1/4 tsp chilli powder  
1/2 tsp finely chopped garlic  
1 handful fresh coriander, finely chopped  
splash of olive oil  
1 tbsp Shetland honey  
1 handful fresh parsley, roughly chopped  
Shetland sea salt

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### Method:

De-beard and clean mussels and set aside.  
Finely chop shallots, chilli, garlic, ginger and coriander.  
Add curry powder, chilli powder and turmeric then mix in olive oil and Shetland honey.  
Heat pan on high.  
Add a splash of wine to the pan and add mussels.  
Add in pre-prepared mix and cover with lid.

Allow to steam, lifting lid after 2 mins to stir.  
Replace lid and continue cooking until all of the mussel shells are open.  
Remove from heat and pour into serving dish.  
Sprinkle with parsley and a pinch of Shetland sea salt and serve with local crusty bread to soak up the remaining sauce.

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When it comes to Seafood, choose the best, choose Shetland.

Thanks very much to the cooks and chefs who have contributed to this project.

Seafood Shetland  
Scottish Salmon Producers' Organisation Shetland  
Shetland Fish Producers' Organisation  
Shetland Shellfish Management Organisation  
Shetland Aquaculture Trust