

# SO MUCH TO SEA...

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## Mussels with salsa

Recipe by Glynn Wright

Here is another lovely recipe from local chef and college Tutor Glynn Wright where the mussels are de-shelled, mixed with a salsa and then returned to the shells. It makes a good starter or canapé.

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### Ingredients:

500g Shetland mussels  
1 red onion  
1 red pepper  
Handful of chopped fresh parsley  
5 tbsp olive oil & wine vinegar dressing

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### Method:

Steam a 500g bag of Shetland mussels. Allow to cool and remove the half shell. Finely chop the onion and pepper and put in a medium sized bowl. Add the chopped parsley and vinaigrette dressing and mix well.

Arrange the remaining half shells on a large platter with the salsa vinaigrette dribbled over.

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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