

## Steamed Mussels in Fennel & Leek Broth



### Makes:

6 - 8 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

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### Contributed By:

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### Recipe Description:

Mussels are economical, available in most markets and so delicious. Mussels are a flavorful shellfish that cook quickly and pair well with crusty bread, rice or pasta. Serve this dish warm or chilled with a splash of lemon juice or wine vinegar.

1

cup

leeks, cut in half lengthwise and sliced into thin pieces, white part only

(110

g)

1

cup

fennel bulb, trimmed, cut in half, core removed and sliced into thin pieces

(87

g)

2  
cloves garlic, peeled and shredded, use Cone #1  
<sup>1</sup>?<sub>2</sub>  
teaspoon  
sea salt  
(3  
g)  
1  
cup  
dry white wine  
(240  
ml)  
<sup>1</sup>?<sub>2</sub>  
teaspoon  
dried thyme leaves  
(1  
g)  
4  
pounds  
mussels, fresh, cleaned and debearded  
(1.8  
kg)  
1  
medium  
tomato, fine dice, juices included  
<sup>1</sup>?<sub>2</sub>  
cup  
parsley leaves, chopped  
(30  
g)  
fresh ground pepper to taste  
1  
tablespoon  
extra-virgin olive oil or grass fed sweet butter (optional)  
(15  
ml)

**Directions:**

1. Place mussels in colander in the sink and rinse thoroughly with cold water to remove debris and any dirt. Remove beards by pulling gently and discard any opened mussels.
2. Preheat MP5, uncovered, at 375°F/190°C.
3. Add leeks, fennel, garlic and salt. Sauté until softened, about 6 - 8 minutes, stirring frequently.
4. Add white wine and thyme, and stir to combine. Place cleaned mussels on top of vegetables. Place cover on MP5.
5. When Vapo-Valve? begins to click steadily, reduce temperature to 285°F/140°C and cook for 4 - 5 minutes or until mussels have opened.

6. Remove mussels and place in a clean bowl. Add diced tomatoes, parsley and fresh ground pepper to taste. Add olive oil or butter, if desired. Stir to combine.
7. Add mussels back to MP5 and toss to combine with sauce. Serve mussels warm.

**Tips:**

- Serve mussels in shell with broth or remove them from the shell before adding them back to the broth.
- For a spicy kick of flavor add a pinch or two of crushed red pepper to steaming liquid.

Nutritional Information per Serving  
Based on 8 servings

**Calories:**

235

**Total Fat:**

5g

**Saturated Fat:**

1g

**Cholesterol:**

64mg

**Sodium:**

779mg

**Total Carbs:**

13g

**Dietary Fiber:**

1g

**Sugar:**

2g

**Protein:**

28g

Nutritional analysis does not include optional ingredients