

We fancied something a bit different yesterday and I suggested having a look at the Fish counter. Sue?s not keen on flaky Fish as such, but Mussels and Squid? Oh yes! There was an offer on so the Fish component including three Squid and a kilo of live Mussels was £4 in total. The other ingredients are really inexpensive. We might have been just over budget, but we?re often well under so??

Ingredients:-

Mussels
Squid / Calamari, bodies cut into strips, heads as they come
2 Cloves of Garlic, minced
The juice of ½ a Lemon
Fresh Parsley
Shallots, finely sliced
Capers
A slug of cheap White Wine
Rehydrated Wood Ear Mushrooms
A dash of Fish Sauce
Smoked Paprika
Cayenne Pepper
A tin of chopped Tomatoes
Salt & Pepper
Rice Glass Noodles
Oil

Method:-

(1) Sauté the Shallots for 2 minutes and add the Capers and Garlic.
(2) Simmer for a further 2 minutes.
(3) Add the drained tin of Tomatoes and simmer for a further 2 to 3 minutes.
(4) Stir in the Mussels and Mushrooms.
(5) Cover and simmer for 5 minutes until the Mussels have opened.
(6) Shake the pan and remove the lid.
(7) Fold in the Calamari and cook for a further 2 minutes.
(8) Add the Rice Noodles to boiling water and slimmer for 2 minutes.
(9) Serve the sauce over a bed of Noodles and season to taste.
(10) Dress with a squeeze of Lemon and fresh Parsley.

There not much else to say about this dish. We would have paid good money to enjoy this in a restaurant!