

## Steamed Mussels with Black Garlic and Sweet Corn

### Ingredients

5 lbs of Mussels, cleaned  
1 cup of Sweet Corn Kernels  
1 tsp Grape Seed Oil  
2 tbsp Garlic, sliced  
1 cup Chardonnay Wine  
¼ cup shallots, julienne  
½ cup Whole Black Garlic  
1 cup Apple Cider

### Directions

Heat a large sauté pan with lid on medium heat. Add shallots, Garlic and 1 tsp oil to pan, cook over medium heat until Soft. Add Corn and Black Garlic, Sauté for about 2 minutes or until corn is warm. Add mussels cook 1 min. Deglaze with Chardonnay and Cider, cover with lid, cook until mussels open. Remove lid, Remove mussels from pan place in serving bowl. Add butter to the pan, swirl butter into the liquid remaining in the pan, pour over mussels and serve.

Serve over plain rice for a main course or serve with crusty bread as an appetizer.

Recipe by Jason Parsons



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