

[Stella Cadente](#)

Mussels in Zucchini Basil Broth

Posted by Administrator on March 19, 2012 in [Soups](#)

In this innovative use of zucchini, the vegetable adds body to the mussel-filled broth without being overpowering.

Makes 6 to 8 first-course servings or 4 main-course servings

Ingredients:

- 1 lb zucchini (about 2 to 3 medium), coarsely chopped
- 1 medium shallot, coarsely chopped
- 2 garlic cloves, peeled
- 1 1/2 cups water
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup loosely packed fresh basil
- 1/3 cup Stella Cadente Basil olive oil
- 4 lb cultivated mussels, scrubbed and beards removed
- Garnish: chopped fresh basil

Purée zucchini, basil, shallot, garlic, water, salt, pepper, and oil (in batches if necessary) in a blender until smooth, 1 to 2 minutes per batch.

Transfer zucchini purée to a wide 6- to 7-quart heavy pot and add mussels. Bring to a simmer, uncovered, over moderately high heat, then cover and cook, stirring occasionally, until mussels just open wide (check frequently after 5 minutes and discard any mussels that remain unopened after 8 minutes).

Modified recipe from Gourmet

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