



Bantry Bay Seafoods

Irish Mussels served in a Seasoned White Wine Sauce

450g pack of Bantry Bay Mussels in a white wine sauce

Selection of fresh crusty bread

1. Empty a pack of Bantry Bay Mussels in a white wine sauce into a saucepan.
2. Heat on high for 3 - 4 minutes. Reduce heat and simmer for a further 3 minutes, stirring from time to time.
3. Transfer to a medium size bowl. Serve immediately with slices of freshly cut crusty bread and a glass of chilled white wine.



Seafoods of Distinction



Tagliatelle served with Irish Mussels and a fresh Mediterranean Sauce with Chorizo Sausage

450g pack of Bantry Bay Natural Mussels

100g of cooked Tagliatelle

150g of Mediterranean chunky tomato sauce

A pinch of Salt, Black Pepper,

100g of diced chorizo sausage,

5g of freshly chopped Basil

1. Cook Tagliatelle in a pan of boiling salted water until 'al dente'.
2. Empty a pack of Bantry Bay Mussels into a sauce pan and heat on high for 3 - 4 minutes.
3. Add mediterranean sauce and diced chorizo sausage to mussels. Reduce heat and simmer for a further 3 - 4 minutes, stirring from time to time.
4. Add cooked and strained pasta to mussel sauce and toss to mix. Transfer to a large pasta bowl, garnish with black pepper and chopped basil. Serve immediately.

Delicious served with freshly sliced ciabatta.

My choice of wine would be

There are some great Chilean wines now widely available at both ends of the price spectrum. With good full flavours they complement Bantry Bay Mussels perfectly.

Try an apple-packed Chenin Blanc or a tropical Gewürztraminer or Semillion - or taste some of the superb smooth blends coming on the market.

