



I love cooking

easy & delicious recipes

Quick Garlic-Mussel Soup

Introduction:

This soup is so quick and easy because we use a few convenience products here ... and feel no guilt, fellow cook: you do not have to make everything from scratch and besides, if you're a working cook then packets and cans are often your best kitchen aids.

But if you use convenience products like stock cubes and packet soups, be careful of adding salt. You could seriously spoil the soup with too much salt.

You should be able to get frozen mussel meat and mussels in their shells from most supermarkets' fish counters or freezer.

Ingredients

30 ml butter
15 ml olive oil
1 medium onion, very finely chopped
1 small carrot, finely grated
1 small celery stick, finely chopped
2 – 4 cloves garlic, finely grated
250 ml dry white wine (optional – you can use water instead)
850 ml prepared fish or chicken stock
10 ml thyme leaves
1 x 68 g packet Gourmet Seafood à la Crème Soup
1 kg blanched mussels in the shell (frozen still)
300 g mussels without the shell (frozen still)
125 – 200 ml cream
65 ml chopped garlic (or plain) chives

Method

Heat the butter and oil in a frying pan and add the onion, carrot and celery. Sauté on low heat until soft and golden, about fifteen minutes. Stir in the garlic then add the wine. Bring to a rapid boil then cook on high until the wine is slightly reduced.

Transfer the mixture to a blender (or using a stick blender) and process until smooth then transfer to a large saucepan. Add the stock and thyme and bring to a boil.

Whisk the soup powder with a little cold water into a paste then whisk into the stock. Stir until thick then add the mussels. Cover and bring to a boil. Cook for 2 minutes or so just until the mussels have defrosted then remove from the heat.

Stir in the cream and chives and serve with Large, Cheesy Croutons. [Click here for recipe](#)

Serves 6 – 8 (rather serve moderate portions if you used a lot of cream)

