

Gastronomic Menu of the Chilean Mussel





GASTRONOMIC MENU OF THE CHILEAN MUSSEL





INTRODUCTION

This project is created by the Cluster Mejillón committee with the idea of improving the competitiveness and the placement rates in the domestic market of the Chilean mussel for culinary use, through the design of a Gastronomic Menu, which has been carried out by the Universidad de Los Lagos.

Among the activities included in this project, preliminary studies on the use of the Chilean mussel were performed, at a national and international gastronomic level, also investigation and identification of its functional and nutritional properties and design of dishes according to the organoleptic, nutritional and functional characteristics of this product were performed in order to promote its use and intake.



ABOUT THE PRODUCT

MUSSELS

They are marine invertebrates that live attached to the substrate. They live only in the sea in both intertidal zones as well as in submerged coastal areas worldwide.

They belong to the bivalve mollusks. They are of great interest in food because of its organoleptic and nutritional properties.

CHILEAN MUSSEL (*Mytilus chilensis*)

Name given to farming mussels, they are low in fat, contribute about 67 calories per 100 grams of edible portion, besides of being a source of proteins and vitamins.

Their size is from 5cm. (10-18 months farming), with blue-black shells, and the meat varies from cream-white to orange. The mussels are an important component of a healthy diet.

Currently, over 90% of products made of mussels are for international markets, being Europe the most important, where we can highlight countries like Italy, Portugal, France, Denmark and Spain. Frozen products are the main export line, whereas canned products are fundamental for the domestic market.



NUTRITIONAL VALUE OF SEAFOOD

The seafood is very beneficial to the health of the population because of the following properties:

- Protein content of high biological value, rich in essential amino acids in the amounts that the body needs.
- High bioavailability iron, important to meet the needs of vulnerable groups, such as children, pregnant women and women of childbearing age.
- The seafood contains most of the minerals present in seawater. Those with nutritional importance are: phosphorus, potassium, iron, copper, zinc, magnesium, selenium, iodine and fluorine.
- Provides B vitamins, which are difficult to obtain from other foods.
- Provides a minor amount of fats, therefore fewer calories.
- And, most importantly, the presence of polyunsaturated fatty acids (especially Omega-3, that our body cannot synthesize so we should

add seafood in the diet), which lower blood cholesterol levels and prevent platelet aggregation at an arterial wall level (second influential factor in atherosclerotic disease), benefiting people with rheumatoid arthritis and cardiovascular patients.

Poor diet involves various risk factors, among which are cardiovascular diseases, being responsible for 29% of deaths in the country and one of the leading causes of disability. For this reason, the Ministry of Health and the Institute of Nutrition and Food Technology (INTA) have made a clarion call to the people, by developing cardiovascular health programs, and recommending avoid excessive consumption of fats and oils, particularly fats saturated.



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Traditional preparations of mussel recipes

*Parmesan
mussels
serves 4*

1 Kg. large half shell mussels (with meat and one shell)

125 g. butter

100 cc. white wine

200 g. Parmesan cheese

Oregano

Salt

Black pepper

Parmesan basis

Place the white wine (or cognac) in a bowl and dissolve it in salt, add freshly ground pepper and the butter cut into small brunoise. If you want you can add cream.

Mounting

Place the half-shell mussels on a baking sheet, if you want you can make a base of coarse salt so that the mussels get settled. Pour the basis of Parmesan over the mussels, finally, add the grated cheese and bring to a hot oven until they are gratin.



*Mussels in
green sauce
serves 4*

1 kg. fresh mussels
2 clove garlic
150 cc. white wine
Salt
Parsley
Cilantro
Olive oil
50 g. flour
Onion
Fresh "*cacho de cabra*" chili

For the *roux*, mix equal parts of flour and butter. Melt butter, add the flour, and cook for 3 minutes, stirring. Then remove from heat and set aside (this will act as a thickener).

In a saucepan, place the olive oil and the garlic chopped in brunoise, being careful not to burn, the garlic should only take a slight color. Add a halved onion, mussels and white wine, cover and cook for 6-7 minutes. Check if mussels are correctly open, if they need more cooking, cook them for another minute. Then add the chopped parsley and the *roux* to thicken the sauce. It is important to let the wine alcohol evaporates. At the end, add onions in brunoise and the chili finely chopped.



Mussels
marinara
serves 4

1 medium onion
2 teaspoons minced garlic
2 tablespoons fresh dill
Fresh parsley
Ground pepper
250 g. mussel
2 tablespoons olive oil
2 cups canned tomato paste
1 tablespoon dry white wine
Salt

Merquén (dry "cacho de cabra" chili, ground and smoked with cilantro seeds)

Cooking mussels

Cut onion, red pepper, leek and celery into halves or into irregular and large cuts, and brown them in a pan with oil and a clove of garlic (this is to add flavor when cooking mussels). Once the ingredients are browned, add the mussels and water, cover and cook for 8 minutes until they are open. Keep the cooking liquid and remove the mussels from the shells, which should also be kept.

Sauté

Cut the onion into brunoise, and along with garlic, sauté gently without coloring for 10 minutes over medium heat and "turn off" with white wine, then add the tomato *concassé* (in small cubes, peeled and seeded), let simmer for 20 minutes and stir in salt, pepper and the cooking liquid from the mussels until boiling. Finally add the mussels and cook 2 or 3 minutes before serving. When serving, sprinkle with parsley and *merquén*.



Mussels
"al pilpil"
serves 4

500 g. mussel meat (without shells)

100 cc. olive oil

5 clove garlic, sliced

1 dry "*cacho de cabra*" chili

250 cc. white wine

10 g. butter

Cilantro seeds

Salt

Pepper

20 g. parsley

In a hot pot, ideally made of clay, add dry chili, cilantro seeds (to give a touch of smoky) and after one minute turn off the heat and remove. If done in a clay pot, the heat will last, if using a pot of other material, do not turn off the heat, just lower it.

Stir in olive oil and *ecrassé* garlic cloves (crushed with a knife and unpeeled), and avoid at all times that garlic burn. Add the meat of mussels (without shells). Only necessary to mussels get temperature and flavor. Finish with parsley or cilantro. If you want you can put a little white wine and bind (join) with frozen butter.



Curanto in a pot or pulmay serves 10

1 kg. mussels
1 kg. ribbed mussels (*cholgás*)
1 kg. mussels (*choros zapato*)
2 kg. clams
1 kg. barnacles (*picorocos*)
2 ½ kg. potatoes, unpeeled, washed with brush
2 kg. chicken leg quarters
½ kg. spicy pork sausages (*chorizo* or *longaniza*), cut in half

1 kg. pork ribs, smoked ideally
2 kg. fish (hake, *corvina* or other)
1 green cabbage
1 garlic head, peeled
1 onion, chopped
2 tomatoes, chopped
1 red pepper, chopped
Fresh basil (plenty)
Oregano
Ground chili pepper
9 *milcaos* (see recipe)
4 *chapaleles* (see recipe)
2 cups wine
1 cup water

Prepare a pot with enough capacity. Clean seafood, potatoes with brush and leaves of *nalca* (alternatively you can use cabbage leaves) with water. Place all vegetables, except potatoes and cabbage in the bottom of the pot with herbs, add first barnacles (head up), then add the clams, mussels and ribbed mussels, pour the wine and water, and cover with the cabbage leaves. Then add the ribs cut into pieces, the spicy pork sausages and the chicken, cover with unpeeled sliced potatoes and then with cabbage leaves. Add the fish cut into pieces and with skin, cover again with cabbage leaves and cook about an hour.

To serve the *curanto*, remove layers and place the ingredients in different containers. Meat and vegetables first, then fish and shellfish at the end. Serve with a cup of broth, chili sauce or chopped chili peppers.

Milcaos

2 kg. grated potatoes and squeezed with a cloth
1 kg. ground potatoes
250 g. lard
Salt to taste

Mix all the ingredients until make dough. Keep in the refrigerator. When using the dough, cut and make small rolls, mash slightly and cook.

Chapaleles with chicharrones

1 kg. ground mashed potatoes
1 kg. flour
2 eggs
250 g. lard

Chicharrones (cracklings) into pieces

Mix all ingredients and make soft and smooth dough. Make small rolls and place the *chicharrones* in the center of each roll. Keep in the refrigerator.



Steamed mussels

serves 6

2 kg. fresh mussels
3 bay leaves
1 carrot, finely chopped
1 lemon, grated rind and juice
5 cc. olive oil
180 cc. cream
5 cc. chili sauce
100 cc. white wine
10 g. cilantro, finely chopped
Salt

In a hot pot (ideally made of iron) add sunflower oil, a *mirepoix*, mussels and white wine, cover and cook for 7-8 minutes after boiling. Remove the mussels and strain the cooking liquid, which can bind with liquid cream, salt, pepper, or else you can use it naturally. Complete with lemon juice, cilantro and/or parsley.



Mussel empanadas

serves 6

1 kg. flour
3 eggs
250 g. margarine
250 cc. milk
1 teaspoon baking powder
3 onions
3 tablespoons oil
2 boiled eggs, sliced
50 g. raisins
200 g. Chanco cheese
850 g. mussel meat
50 g. olive
1 egg yolk
2 tablespoons milk
Cumin
Salt and pepper

In an area for kneading, sift the flour, baking powder and a tablespoon of salt. Add the beaten eggs, melted margarine and warm milk. Knead until get soft, smooth dough, cut the dough into portions and stretch each portion of dough with a rolling pin until they are thin; give round shape with a small plate.

In a pot with water, cook the onion cut into brunoise for approximately two minutes. Strain, drain and set aside.

In a frying pan with oil, fry the onions, add salt, pepper and cumin, then add the mussel meat and cook for two minutes. Let stand and cool, then add this preparation in the center of each portion of dough, and add olives, raisins and a slice of boiled egg and chopped cheese.

To close the *empanadas*, moisten the edge and press it with the tip of a fork. Beat the egg yolk with two tablespoons of milk, brush the *empanadas* with this mixture and bake for 15 minutes or until golden brown.



Mussels
Provençal
serves 6

2 tablespoons olive oil
2 clove garlic, finely sliced
1 "*cacho de cabra*" chili, seeded
and chopped
1 kg. fresh mussels
White wine
Salt
Cilantro, finely chopped

In a pot, heat oil with garlic cut into small
brunoise (use plenty of garlic), add the
mussels and the white wine, cover and
cook for 8 minutes after boiling. Once the
mussels are open, remove and serve,
sprinkle fresh parsley, if you want you can
add a few drops of lemon juice.



Valencia rice (paella)

serves 6

1/4 cup peas
2 cups rice
6 chicken pieces
1/4 cup oil
1 pepper
4 abalones
4 *chorizos* (spicy pork sausages)
1 kg. fresh mussels
1/4 kg. shrimps
1 bay leaf
1 pinch of saffron
Salt
Pepper to taste

Bouillon

In a saucepan cut one *mirepoix* and fry slightly with little oil, add water to cover and bring to a boil. Cook for 30 minutes. Reduce heat and keep hot to hydrate the rice.

Basis for rice

In a pan put olive oil, garlic *ecrassé* (crushed with a knife and unpeeled) and seal the chicken until it turns color (pre-seasoned). Remove and set aside.

Pre-cooking chicken

In a frying pan with olive oil, cook the chicken, once made, set aside until ready to use.

In the same pan in which the chicken was cooked, sauté the onion in brunoise with saffron and before taking color, add rice and fry until grains become shiny, pearl color. Add white wine and two portions and a half of bouillon per rice portion. When boiling, add chicken and the remaining ingredients. Two minutes before end of cooking (about 20 minutes), add the shrimps and the mussels with shell. Cover and let the mussels to open. Cook until rice is grainy.



*Pasta with
mussels
serves 4*

300 g. mussel meat (without shells)
2 clove garlic
1 red pepper
2 tomatoes
1 eggplant
400 g. pasta
1 onion
Salt
Pepper
Cherry tomatoes (tomato cocktail small type)
Grated cheese

Steam mussels' meat and marinate with olive oil, garlic and parsley. Bake in oven the pepper, and then scoop out the skin. Cook onion in half and add sugar, cover with foil and put in warm oven for 40 minutes.

Cut tomatoes into *concassé* and in a very hot pan add olive oil and wait for steam. Carefully place the tomatoes off the heat to avoid burning, thus a high percentage of acidity in tomatoes is removed, then add the eggplant into brunoise, the roasted pepper and the caramelized onion, finally add mussels and cherry tomatoes cut into halves.

Cook pasta, remember that 100 grams of pasta is 1 liter of boiling water and 10-15 g. of salt. Remove the pasta and stir-fry along with the sauce with mussels, add grated cheese and serve.



Seafood soup
(Caldillo)
serves 4

1 kg. fresh mussels
2 cups water
150 g. clam
150 g. peeled shrimp
125 g. oyster
500 g. fish cut into chunks
100 cc. white wine
1/2 onion, julienne
1 clove garlic, chopped
2 tablespoons oil
1 teaspoon of color (mix of "color"
chili and butter)
Parsley, chopped
Pepper

Cook the mussels with 2 cups of water until they are all open (about 5 to 8 minutes). Strain the broth and set aside. In a saucepan, heat the oil and fry the onion. When it starts to brown, add the garlic, chili, and one teaspoon of chopped parsley, wine, and the broth from the mussels and the *fumet* (broth made with fish heads). Then add a little pepper to taste.

Boil and add the clams, shrimps, oysters and fish pieces previously seasoned. Simmer for 8 minutes or until the fish is ready. Add the mussels carefully, and let heat for a minute or two. Remove soup from heat.

Heat clay pots in the oven or with boiling water. Put the soup in them, and sprinkle with chopped parsley.



*Mussels stew
(Chupe)
serves 10*

1 kg. mussel meat (without shells)
1/2 onion
1/2 tomato
1 teaspoon of color (mix of "color" chili and butter)
3 clove garlic
1/2 red pepper
300 cc. white wine
400 cc. cream
200 g. breadcrumbs
10 cc. olive oil
1 packet of Parmesan cheese
Salt and pepper to taste
Merquén (dry "cacho de cabra" chili, ground and smoked)
100 g. butter

Sauté brunoise onion, without coloring, with butter and little oil, add the chopped garlic and the chili to enhance the color then add the tomato brunoise and the wine and boil for about 5 minutes. Immediately add the mussel meat, cream and bread crumbs, simmer for 10 more minutes, and season with salt, pepper and *merquén* to taste. Serve in clay pots and cover with Parmesan cheese. Cook *au gratin* in the oven at 180°C for 10 minutes.





Other mussels recipes

Smoked mussel

serves 4

Olive bread

225 cc. water
375 g. flour
3/4 teaspoon fine salt
1 teaspoon dry bakery yeast
1/2 teaspoon sugar
120 g. black olives
Olive oil

Place flour in a container making a crown shape, add in the center, sugar, chopped olives, olive oil and warm water not exceeding 40°C. Add salt on the sides. Let activate yeast for about 10 minutes then add no more than 60% water.

Join all ingredients and knead until dough is smooth. Let stand about 20 minutes. Make a baguette shape with the dough, and let stand again for 20 more minutes. Sprinkle with flour and make a few cuts on top. Bake at 200°C-220°C for 30 to 35 minutes approx.

Tomato dressing

3 tomatoes
1/2 clove garlic *chilote*
Fresh oregano or thyme
Olive oil
Salt

Peel tomatoes and cut into eighths taking away the seeds and heart. Place on a baking sheet with olive oil, sprinkle with salt, thyme, oil and garlic cut into brunoise. Bake for approx. 6 hours at a temperature of 85°C or for 2 hours at 100°C. Let stand for 24 hours in the same oil. After this time, process all ingredients with minipimer until getting an emulsion. Add salt and pepper to taste.

Smoking mussels

50 pieces mussel meat
Firewood
Grill

Place the mussels on the grill without direct heat, smoke only for 7 minutes on each side. Use wood of *ulmo*, *tepú* or *coihue*.

Mounting

Toast
Marinated mussels
Brie
Fresh green and/or purple basil leaves

Cut the baguette crosswise, spread olive oil on it and bake a few minutes. Add a layer of Brie cheese and the mussel meat previously marinated in tomato dressing. Garnish with leaves of fresh basil.



Mini pizza with pesto mussels

serves 4

Dough

225 cc. water
375 g. flour
3/4 teaspoon fine salt
1 teaspoon dry bakery yeast
1/2 teaspoon sugar
Olive oil

Place flour in a container making a crown shape, add in the center, sugar, olive oil and warm water not exceeding 40°C. Add salt on the sides. Let activate yeast for about 10 minutes then add no more than 50% water. Join all ingredients and knead until dough is smooth. Let stand about 20 minutes. Make a roll shape with the dough, and let stand again for 20 more minutes. Give circular shape. Sprinkle flour on the base and place a small amount of sauce on the surface. Bake at 210°C until the dough begins to take color, then remove and place the remaining ingredients and bake until is ready.

Sauce

5 ripe tomatoes
Salt
50 g. butter
60 cc. olive oil
Pepper (optional)

Fresh oregano
Fresh parsley

Pass the tomatoes for passatutto. Add olive oil and salt. Heat a pan with olive oil and when hot add the tomatoes preventing burn. This procedure is done to remove as much of acidity produced by the tomato. Cook for two minutes. Add a small amount of butter, oregano and parsley. Remove from heat and set aside.

Pesto

30 pieces mussel meat
100 g. *piñones araucanos* (pine nuts)
60 g. purple and/or green basil
200 cc. olive oil
Salt

Prepare the pesto with olive oil, pine nuts previously cooked and peeled (if not found, you can replace them with nuts), purple and green basil, and salt. Process all ingredients and marinate for 24 hours with mussels.

Mounting

Bake pizza with tomato sauce. Add cheese and mussels, bake for a minute avoiding overcooking the ingredients.



*Marinated
mussels with
avocado mousse
serves 4*

1 kg. mussel meat

Marinade

150 cc. oil
150 cc. water
150 cc. vinegar
50 g. fresh mint
15 g. parsley
Salt
Pepper
Chilote garlic
"cacho de cabra" chili

Mousse

1 avocado
Salt
Pepper
1/2 cup cream
30 cc. lemon juice
Fresh cilantro

Marinade preparation

Place the oil, vinegar and water in equal parts, add the peppercorns and chili, and boil for 6 minutes. Then remove from heat, let stand and wait for the temperature to drop. When reaching 70°C, place the mussels with mint in *chiffonade* and refrigerate for 24 hrs.

Mousse preparation

Mash avocado until getting a smooth puree, then add the lemon juice and chopped cilantro. In a bowl, beat the cream until is firm. Mix cream and avocado and add salt and pepper to taste.

Mounting

In shot glasses, place avocado mousse and then marinated mussels.



*Mussels with
black beans
serves 4*

50 pieces fresh mussels
200 g. black beans
Salt
Pepper
200 cc. cream
Lemon to taste
20 cc. tahina or tahini
Ciboulette
Dill cucumbers
Fresh dill
Marigold leaves
Parsley

Cooking beans

Place the beans in a saucepan or small pot with enough water and bring to cooking with the addition of salt, and a pinch of cloves and hot pepper. Once the beans are ready, pass through a reverse bain-marie and set aside. Once cold, add mussels and season with salt and pepper. Add parsley and keep in a refrigerator.

Sour cream

Place the cream in a plastic container ideally (avoid metal, since is using an acid medium), then add salt, pepper and lemon juice to taste, add tahina or tahini, add the cucumber into very small brunoise and fresh dill to finish and garnish.

Mounting

You can choose to mount on the shells or on a plate. Place sour cream as a base and the black beans with mussels on it. Finish and garnish with the marigold leaves.



*Mussels Provencal
with mini salad
serves 4*

1 kg. mussel meat
Fresh parsley

Chilote garlic confit

1 lt. olive oil
200 g. salt
Pepper
500 g. garlic

Mini salad

Lettuce
Arugula
10 g. mustard *à l'ancienne*
10 g. Dijon mustard
10 g. sugar
10 cc. balsamic vinegar
30 cc. olive oil

Garlic confit

Wash and disinfect Chiloe garlic cloves, dry thoroughly (unpeeled garlic) and place in a saucepan or pot with olive oil to completely cover and take over very low heat not exceeding 90°C for about 4 hours.

Provencal

In a mortar, process previously peeled garlic, add the finely chopped fresh parsley, salt and olive oil, in this mixture, place the mussel meat and marinate for 24

hours in the refrigerator. When serving, make a salad dressing by joining mustards, balsamic vinegar, oil and sugar. Season the salad with this dressing.



*Mussels cocktail with
apples, celery and
pica limes
serves 4*

1/2 kg. mussel meat
Apple chutney
150 g. celery
Pearl onions
Nuts
Almonds
Pica lime juice

Apple chutney

1 kg. green apples
1 red pepper, grated
1 tablespoon fresh ginger, grated
1 pinch ground cinnamon
1/2 teaspoon anise
2 tablespoons chili, ground
2 cloves
Thyme
4 tablespoons water
4 tablespoons brown sugar
1 ghee (clarified butter)

Wash apples, cut into 4 parts taking away the seeds. In a pot, heat the ghee or oil over medium/high heat and when it begins to smoke, add the red pepper, ginger, cinnamon, anise, chili and cloves. Stir well until the anise is dark, about 30 seconds. Immediately add the thyme and then the apples, and continue to stir until apples are golden, about 5 or 6 minutes.

Add water. Cover the pot and simmer for 15 minutes, stirring occasionally, until apples are tender. Once this point of cooking is reached, raise the heat to medium/high. Stir continuously until the chutney thickens and take a little thinner consistency than a jam. Serve at room temperature.

Mounting

Cut the celery into julienne and place it along with the mussel meat previously marinated in pica limes, add the nuts, salt, pepper and lemon juice, and finally laminated pearl onions. Assemble with apple chutney and garnish with fresh mint leaves.



Mussels Quiche

serves 4

400 g. flour
225 g. unsalted butter
50 g. of fat
110 c. approx. of ice water
1 egg white
Salt
Parchment paper

Mix flour, butter, fat and salt with the aid of a pastry cutter or food processor. Then add the ice water and mix. Handle the dough as little as possible so that it is not hot. Make a ball shape and refrigerate for 20 minutes or more.

Preheat oven to 225°C. Arrange the dough by hand, evenly, in bottom and sides of a cake tin or pie plate of 19 cm. (7 ½ inches). Prick the dough with a fork in several places. Over the dough, place a parchment paper. Take to the preheated oven for about 10 minutes. Remove the paper. Return to the oven for 5 minutes, until the dough is lightly browned. Remove and warm up.

Brush dough with egg white and place in the oven again for 2 minutes. This procedure helps when placing the filling, the base do not soak. Add the filling.

Add the mussel meat, place in mold and add the royal (mix of egg with flavored cream).

Finally add the Parmesan cheese. Take cooking in moderate oven at 180°C until the gratin.

Filling

500 g. mussel meat
100 g. bacon
100 g. onion
1 egg
100 g. cream
Salt
Pepper
Color (mix of "color" chili and butter)
Cheese
Mushrooms
Parmesan

Cut the bacon into small cubes (*lardons*) and brown to form crispy bacon, dry on paper towels and set aside.

Cook onion cut into brunoise along with the color until it turns color, then add the bacon and mushrooms into halves. Cook for 8 minutes.



*Chilota potato gnocchi
and mussels
serves 4*

1 kg. *chilota* potatoes

80 g. butter

Salt

Pepper

300 g. flour

400 g. mussel meat

Sauce

Tomato

Oregano

Olive oil

Parmesan

Cook the unpeeled potatoes in cold salted water, once cooked, peel them in hot and pass them for *passatutto*, then add the melted butter and chopped mussel meat. Form a crown with the flour and add in the center the puree with mussels, join all ingredients and form the gnocchi, which are cooked for 3 minutes in boiling salted water.

When removed, sauté with the sauce (sauté tomatoes in olive oil with and fresh oregano Parmesan cheese).



Mussels in "chalaca"

serves 4

- 1 kg. fresh mussels
- 100 g. white onion
- 100 g. red onion
- 100 g. tomato
- 200 g. red, green and yellow peppers
- Lemon juice
- Chili (*rocoto*) or "*cacho de cabra*" hot peppers hydrated in boiling water
- 150 corn kernels
- Cilantro
- Ajinomoto
- 1 avocado
- 20 cc. soy sauce

Chalaca preparation

Use previously cooked mussels. Cut the onion and peppers into julienne, and tomato into brunoise. Husking the corn and mix all ingredients. Season and add the ajinomoto, lemon juice, soy sauce, cilantro and minced chili pepper. Then add the avocado and mix the ingredients.

Mounting

This recipe can be assembled directly on the shells or in a plate, join all the ingredients and garnish to taste.



*Thai soup
with mussels
serves 4*

100 g. mussel meat
5 g. galangal
5 g. lemongrass
10 g. kaffir lime
10 g. Chiloe garlic
3 g. Thai curry paste
Nampla (fish sauce)
Oyster sauce
Oil
Parsley
Mint
Salvia
Cilantro
20 g. onion
10 g. red pepper
1 g. star anise
Clove
50 cc. coconut milk

Add the mussel meat at the end, avoiding overcooking, as they are pre-cooked. Finally add the parsley, mint and salvia, ideally fresh.

This dish has the distinction of being a very fast preparation because all the ingredients are together one after another in succession.

Heat the wok. Once heated, add oil until it reaches the point of smoke. Then add the chopped garlic, julienned onion, julienned peppers and the remaining ingredients. Finally add coconut milk.



*Cream of mussels
with blue cheese
serves 4*

1 kg. small mussel meat
1/2 kg. fresh mussels
200 g. Blue cheese
200 g. onion
100 g. red peppers
200 g. carrots
Salt
Pepper
Oil
300 cc. white wine
Cilantro

Base 1

Heat an iron pot until it reaches high temperature. Place oil and heat until it smokes. Add the smaller mussels and fry (this will be the basis of our soup). Once they are fried, season and process in a food processor to make a paste. Set aside.

Base 2

In another pot, boil onions, peppers and carrots with water to make a broth. Process all ingredients and take to another pot, which has been heated and has added mussels, form a thin soup with white wine, strain and set aside.

Mix bases 1 and 2 and begins to simmer for 10 minutes. Before serving, add the blue cheese and chopped cilantro. Garnish with a little blue cheese and rosemary sprigs before serving.



*Breaded mussels
with nuts
serves 4*

100 pieces large mussel meat

English mixture (mixture of eggs high in salt) for breading

3 eggs

150 cc. milk

80 g. Dijon mustard

20 g. salt

Mounting this dish is simple. Mix all ingredients and reserve this mixture in the refrigerator.

Breading

80 g. almonds

80 g. nuts

80 g. peanut

80 g. cashews

50 g. flour

Slice nuts and crush other dry ingredients irregularly. Pass the mussel meat in flour and then in English mixture. Finally, coat in breadcrumbs and refrigerate for 2 hours before frying at 165°C until golden brown. Remove, add salt and serve as a snack.



Glossary



Turn off: Lowering the cooking temperature with wine.

Reverse bain-marie: Serves to cool or keep cool or beat in cold a preparation. It is done by placing the container with the preparation into another container with ice.

Brunoise: Cutting vegetables into dices or small cubes of 0.5 cm by 0.5 cm.

To sift: Passing dry ingredients through a very fine strainer.

Color: Mixture of lard or butter melted with chili.

Concassé: Technique for certain vegetables (usually tomato), which consists of blanching prior to peeling so it is more easy to remove the tomato skin, then the seeds are removed. The name concassé means in French finely chopped.

Confit: Low temperature cooking in fat medium for long time.

Chiffonade: Cutting technique which is used to cut with a knife certain vegetables with large leaves into thin elongated strips.

Fumet: Broth made with heads of fish or seafood, cooked no more than 30 minutes.

Galangal: Also known as "Blue Ginger". It is a rhizome with both culinary and medicinal uses, is well known in Asian cuisines.

Ghee: Clarified butter originating from the Indian subcontinent.

Gratin: To brown by direct heat.

English mixture for breading: Mixture of egg, mustard, milk and a plenty of salt to avoid adding to the meat.

Lardon: Small strip or cube of pork bacon used to flavor certain savory dishes or salads.

Lemon grass: One of the plants consumed since ancient times for medicinal purposes besides being used as an ingredient in cooking. The lemon grass, also known as limoncillo, citronella or citronella (the oil), zontol or zacate among other names, is a native of India, widely used in Thai and Vietnamese cuisine. It is a rustic and very aromatic perennial herbaceous species, offering a suggestive lemon scent and a slight bittersweet.

To bind: Join with butter as the mixture thickens.

Kaffir lime: The kaffir lime is a plant from the family Rutaceae from Southeast Asia, little cultivated in America and Europe. It is mostly used its lobed leaves, characteristic aroma, and the skin of the fruit. The fruits are green, of about 4 cm. diameter, rough skin and extremely acidic.

Merken or merquén (Mapuche language): Dry seasoning prepared with smoked chili and other ingredients. It is a spicy seasoning with some smoky flavor and looks like a red powder with small flakes of different shades. It is traditional in Chilean Mapuche cuisine. Its preparation is made from dried and smoked chili variety called "*Cacho de cabra*", which is ground with toasted coriander seeds and salt.

Mirepoix: Combination of vegetables cut into small cubes, such as celery, leeks, carrots and onions, usually used to flavor sauces, roasts, stews or soups.

Passatutto: Ancient artifact used in Italy as manual vegetable grinding.

Roux: Mixture of flour and butter, in equal parts, which are used to bind (join) some sauces and other preparations. It consists of gently melt the butter and add the flour slowly, avoiding the formation of lumps, until a homogeneous and smooth mixture.

Tahina or tahini: Dough made from sesame seeds.

Wok: Eastern pan. Light, round and deep with handles.

GASTRONOMIC MENU OF THE CHILEAN MUSSEL

