



## BAKED MUSSELS

---

Category: Popular

Published: January 12, 2025

### **Baked Mussels**

Baked mussels are a delightful and elegant dish that combines the oceanic flavor of fresh mussels with a flavorful topping, creating a satisfying appetizer or main course.

Mussels are known for their delicate, tender texture and natural sweetness, which pairs wonderfully with a variety of seasonings. In this recipe, mussels are baked with a savory breadcrumb and garlic butter topping, making them even more irresistible.

Perfect for a dinner party or a special treat, baked mussels are easy to prepare and sure to impress your guests.

### **Ingredients:**

24 mussels, fresh or thawed (if frozen)

2 tbsp olive oil

3 tbsp butter

4 cloves garlic, minced

1/2 cup breadcrumbs (preferably panko for a crunchier texture)

1/4 cup grated Parmesan cheese

1 tbsp fresh parsley, chopped (plus extra for garnish)

1 tbsp lemon juice

1 tsp lemon zest

Salt and pepper, to taste

1/4 cup white wine (optional, for added flavor)

1/2 tsp red pepper flakes (optional, for a hint of spice)

### **How to Make:**

Prepare the Mussels: Begin by cleaning the mussels. Rinse them under cold water, scrubbing the shells to remove any dirt or debris. Discard any mussels with cracked or broken shells, and make sure all remaining mussels are tightly closed. If any mussels are slightly open, tap them lightly against the counter; if they don't close, discard them as they may be dead. Next, remove the "beard" (the fibrous threads) from each mussel by pulling it away from the shell.

**Preheat the Oven:** Preheat your oven to 375°F (190°C). If you have a broiler, you'll use it later to crisp the topping.

**Prepare the Baking Dish:** Arrange the cleaned mussels on a baking dish, placing them in a single layer with the shells open. You can also use a sheet pan if preferred, but make sure the mussels are close together so the juices don't run off during baking.

**Make the Garlic Butter:** In a small skillet or saucepan, heat the olive oil and butter over medium heat. Once the butter has melted, add the minced garlic and sauté for 1-2 minutes, or until fragrant. Be careful not to burn the garlic. Stir in the white wine (if using), lemon juice, and lemon zest, cooking for another minute to allow the flavors to meld. Season with salt, pepper, and red pepper flakes if desired.

**Prepare the Topping:** In a small bowl, combine the breadcrumbs, grated Parmesan cheese, and the chopped parsley. Pour the garlic butter mixture over the breadcrumbs and stir until evenly coated. This mixture will form the delicious topping for the mussels.

**Top the Mussels:** Spoon the breadcrumb mixture generously onto each mussel, covering the meat. Be sure to use enough of the topping to create a nice, even layer over each mussel. This will

give the mussels a crispy, golden finish when baked.

**Bake the Mussels:** Place the baking dish in the preheated oven and bake for 12-15 minutes, or until the mussels are cooked through and the topping is golden brown and crispy. For a more golden and crispy topping, you can switch the oven to broil for the last 2 minutes of baking. Keep a close eye on them during broiling to avoid burning.

**Serve:** Remove the mussels from the oven and let them cool for a few minutes. Garnish with extra chopped parsley for a fresh touch and serve with lemon wedges on the side for extra zest.

**Optional Sides:** Serve your baked mussels with a side of crusty bread to soak up the delicious garlic butter sauce, or with a fresh salad for a light, refreshing accompaniment.

**Chef's Note:**

Baked mussels are incredibly versatile and can be customized with different seasonings. You can experiment with adding fresh herbs like thyme, tarragon, or basil to the garlic butter mixture for more aromatic flavors. If you prefer a richer topping, try adding some cream cheese or mascarpone to the breadcrumb mixture.

For an added twist, you can stuff the mussels with a mixture of crabmeat, lobster, or shrimp before baking for an even more

indulgent treat. Baked mussels also pair wonderfully with white wine, particularly dry varieties like Sauvignon Blanc or Chardonnay.

This recipe is a great way to enjoy the natural flavors of mussels with a crispy, flavorful topping, making it a perfect choice for dinner parties or special gatherings.

**Nutrition Information (per serving, 6 servings total):**

Calories: 220

Protein: 20g

Carbohydrates: 12g

Fat: 12g

Saturated Fat: 6g

Cholesterol: 55mg

Sodium: 650mg

Fiber: 1g

Sugars: 2g

Baked mussels offer a delightful combination of tender seafood, buttery garlic, and crispy breadcrumbs, making them an excellent choice for anyone looking to enjoy a seafood delicacy at home.

With minimal prep and a burst of flavor, these mussels will become a favorite on your table.