

Smoky Corn & Mussel Chowder

Melt butter, then add onion (and bacon if desired).
Once softened, add flour stirring constantly for
2 mins.

To make soup, drain into pot Omega mussel juice
from pack. Next add corn scraped from corn cobs,
milk and potatoes, simmer gently for 5 mins.

Add diced mussel meat, water and simmer.
Season to taste, remove from heat.

Ladle the chowder into bowls and garnish with
fresh herbs.

For 4 Servings:

125g butter

4 bacon rashers – chopped (optional)

2 corn cobs – browned under grill

1 onion – chopped

½ C plain flour

1½ C milk

1 C water

2 potatoes – peeled, cubed and
par-boiled

1Kg OmegaTM Mussels

Fresh herbs