

Omega mussels and pappardelle pasta in rich tomato sauce, black olives, roasted artichokes and mascarpone cheese

Serves 4 based as a Main and on 6 mussels per person.

Recipe is based on 24 mussels to the Kg.

- 24 Omega mussels (1 packet of 1kg pack)
- 250g Good quality pappardelle pasta, fresh or dried.

Cook the pasta off in boiling salted water with a little oil to stop pasta sticking while cooking. The dry pasta will take approx 6-8 minutes. If using fresh, cook off just before using, as there is no need to pre cook. In any case it should be tender but firm to the bite.

- 60g Black Kalamata olives remove stones and slice thinly
- 100g Artichoke hearts, quartered.
- 10g Fresh thyme, chopped
- 30ml Olive oil
- Salt and Pepper
- 150g Mascarpone cheese
- 10g Chopped fresh Italian parsley

Place the artichokes on an oven tray and drizzle with the oil. Sprinkle with the chopped thyme, and season lightly. Roast at 180°C for 10 minutes.

Tomato sauce:

- ½ White onion chopped
- 20g Garlic clove, chopped
- 1 Stick celery, chopped
- 100g Smoked ham or pancetta, (optional)
- 600g Very ripe fresh tomatoes, chopped
- 80g Brown sugar
- 10ml Balsamic vinegar
- 50ml Olive oil
- Salt and Pepper

Heat olive oil and sauté onion, garlic and celery till vegetables are soft. Add sugar and caramelize while stirring. Add pancetta (if using) and tomatoes. Stir to keep from sticking over a moderate heat and let the tomatoes cook down. Cook for 20 minutes on low heat and add the balsamic. Blend till smooth with food processor or stick blender, away from heat. Don't season till later on!!!!

Add the mussels and the liquid from the packet to the sauce, add olives and artichokes and blanche or cook the pasta (if using fresh) and add to the sauce. Place a lid on top of the pot and gently shake to ensure pasta is well coated and the mussels are warmed through.

Check seasoning and adjust to taste, place into suitable bowls and spoon over the sauce, sprinkle with chopped fresh parsley.

An option would be to serve with fresh bread and salad for a fantastic summer lunch!!