

Stuffed Omega mussels with goat's cheese and Asian mint pesto with polenta crust

Serves 4 based as a Tapa allowing for 3 mussels per person.

- 12 Omega mussels, ½ packet of 1kg pack

Stuffing:

- 100g Cheve de barlay, (soft goat's cheese)
- 50g Asian mint pesto

Blend both of these products together in a small blender or with a stick blender. Alternatively you could use a whisk, ensuring it is all mixed well.

- ¼ Leek fresh,

Taking just the white outer part of the vegetable, blanch in boiling salted water for 30 seconds, and refresh in ice water, scrape the inside part of the skin, and cut into 2cm widths at approx 10cm lengths, this will be used to wrap the mussels.

Coating:

- 50g Instant polenta
- 3g Ground cumin
- 3g Ground coriander
- 3g Flaky salt
- 3g Paprika
- 3g Turmeric

Mix all the above spices together well, and put to the side.

- 1 Egg
- 30ml Milk

Whisk together, and make a wash for the mussels.

Method:

Remove mussels from shell and the tough tongue located inside of the mussel, stuff the mussels with the goat's cheese mixture and wrap up in the leek.

Dip each mussel into the egg mix and then into the coating to ensure the mixture sticks to the mussel and that it will not fall off and cause the mussel to over cook in the fryer.

Cook in the deep fryer at 180°C for 20-30 seconds and let drain. Serve immediately.

Recipe Courtesy of Marc Soper