

Grilled Garlic Mussels

3 garlic cloves crushed
1/2 cup finely chopped red onion
1/2 cup dry white wine
1 teaspoon arrowroot
1/2 cup fresh lemon juice
1/2 tablespoon unsalted butter cut in half ½
¼ cup finely chopped fresh parsley

Soak mussels in a bowl of cold water or in the sink for 30 minutes to remove grit.

Over high heat, preheat a grill pan on an outdoor grill until smoking. Add the garlic onion and wine simmer for 5 minutes. Add mussels and simmer for additional 5 minutes.

TIP All mussels should be open after 5 minutes. Any mussels that will not open after 8 minutes should be discarded.

Remove the mussels from pan and place on a platter. Cover with foil and set aside.
In a small bowl, whisk the arrowroot and lemon juice to make a slurry and add to the liquid in the grill pan.

Add the butter, one piece at a time, to the grill pan, stirring until melted and a cohesive sauce forms.

Pour sauce over cooked mussels and sprinkle with fresh parsley. Serve immediately.