

Mussels West Indies in Rougail Sauce

Author: Chef Eric



Rougail is a highly spiced seasoning used in West Indian cuisine. There are various recipes of rougail. This one does not require cooking the rougail.

Ingredients

24 mussels
 3 tomatoes
 1 green pepper
 Juice of 1 lemon
 2 spring onions (scallions)
 2 cups white wine
 5 leaves of fresh mint
 10 sprigs of parsley
 3 tablespoons olive oil
 ½ teaspoon Tabasco (or more if you like spicy food)
 Salt and fresh ground pepper

Preparation Time	25 min	Difficulty	Very simple
Portions	4 servings	Yield	
Country/Region			
Vegetarian	No		

Preparation

Clean the mussels: With your hands or a firm brush, clean the mussels under running water. Some mussels may have a "beard". The beard is easily removed by gripping it and giving it a good tug towards the hinge edge of the shell.

Cook the chopped shallots with the white wine and pepper for 5 minutes, then add the cleaned mussels. Cover and let them cook for 4 to 5 minutes until they open (throw away any unopened ones). Let them cool down in their juice.

Prepare the "rougail": Dice the onions, the tomatoes and the green pepper. Salt a little and add pepper. Add the lemon juice, the olive oil and the Tabasco, the chopped parsley and mint. Marinate at least 15 minutes.

Put together: Remove the top shell of the mussels. Place them on a platter. Cover with the "rougail" sauce, pepper and serve fresh.

Notes

If you plan to serve this dish a few hours later or the next day, leave the mussels in the juice to prevent drying.