

MUSSEL & SAFFRON BROTH



Jp McMahon

Jp McMahon has many strings to his bow. He is a chef, restaurateur and author.

He is culinary director of the EatGalway Restaurant Group, which comprises of Michelin-starred Aniar Restaurant, award-winning Spanish restaurant Cava Bodega, and Tartare Café & Wine Bar (Bib Gourmand). He also runs the Aniar Boutique Cookery School.

Jp is committed to the educational and ethical aspects of food, to buying and supporting the best of local and free-range produce, and engaging directly with farmers and producers.

Director, founding and current chair of the Galway Food Festival, Jp is an ambassador for Irish food.

He is a regular contributor to Radio One and Newstalk radio and has a monthly slot on RTE.

This simple starter from Jp is simply delicious! The flavour of the mussels pairs beautifully with the unique flavour that the saffron imparts to the broth. You will find yourself making this recipe again and again.

SERVES 8

PREP TIME: 15 MINS

COOKING: 20 MINS

50g/2oz/4 tbsps butter
(cubed)

2 onions (chopped)

2 cloves garlic (very
finely chopped)

A few sprigs of thyme

250ml/8 fl oz/1 cup
white wine

A few saffron strands

500 ml/17 fl oz/generous 2
cups of fish stock (broth)

2 kg/4. lb mussels,
(scrubbed clean)

3 tbsps parsley (chopped)

Sea salt and freshly
ground black pepper

Put a large pan over a medium heat and add the butter. When it begins to foam, add the onions, garlic and thyme. Cook for about 5 minutes until the onion softens.

Add the wine, saffron and the fish stock. Bring to the boil and cook for a few minutes to reduce.

Add the mussels, cover and cook for 2-3 minutes until all the mussels have opened. Discard any that do not open.

Remove from the heat and add the parsley. Season with pepper. Ladle into warmed bowls.

Jp's Profile Pic, Photo credit: Ed Schofield

Recipes taken from
Irish Cookbook by Jp McMahon © Phaidon

