

SEA BEAN AND MUSSEL SALAD

INGREDIENTS

1 cup dry white wine
1 cup water
4 garlic cloves, 3 smashed, 1 minced
2 tablespoons minced celery
2 tablespoons minced red bell pepper
1 small onion, thinly sliced
1 bay leaf
2 pounds mussels, scrubbed and de-bearded
1/2 pound sea beans, soaked in cool water for 30 minutes and drained
1/4 cup extra-virgin olive oil
2 tablespoons white wine vinegar
2 teaspoons minced tarragon
1/2 teaspoon Dijon mustard
Salt and freshly ground pepper

DIRECTIONS

In a medium saucepan, combine the wine, water, smashed garlic, celery, red bell pepper, onion and bay leaf and bring to a boil. Cover and simmer for 3 minutes. Add the mussels, cover and cook over high heat for 3 to 5 minutes; remove the mussels to a bowl as they open. Strain the cooking liquid and return it to the pan. Remove the mussels from their shells and transfer to a bowl. Let cool to room temperature

Prepare a bowl of ice water. Bring a small pot of water to a boil and add the sea beans. Boil for 30 seconds, then kill the heat and with a slotted spoon, remove the sea beans to the ice water bath, to "shock" them to stop the cooking. Remove after a few minutes to a paper towel lined plate.

In a bowl, whisk the oil with the vinegar, tarragon, mustard and minced garlic. Add the sea beans to the mussels and toss with 3 tablespoons of the vinaigrette. Taste and re-season with salt and pepper if necessary.