

# Mussels with Saffron & Fennel

Recipe by Ariana Sherlock  
Torii Mor Winery

Serves: 2-4 people



WINE PAIRING: TORII MOR 2006 CHARDONNAY

## Ingredients:

1 Tbsp. olive oil	½ cup fish stock, chicken stock, or water
1 large fennel bulb, halved, cored, thinly sliced (chop 1 Tbsp. of the fronds and reserve for later)	a pinch of saffron threads
2 garlic cloves, chopped	2 lbs. mussels, debearded
½ cup dry white wine	¼ cup heavy cream
	salt & cracked black pepper
	crusty bread

Heat oil in a large, deep saute pan over medium heat. Add fennel and garlic and cook until fennel is transparent, but not browned, stirring frequently, about 5 minutes. Add wine, stock, and saffron and bring to a boil. Add mussels, cover, and steam until they have opened up, about 7

minutes. Discard any mussels that have not opened. Using tongs, transfer mussels to serving bowl(s). Stir cream and chopped fennel fronds into cooking liquid and simmer for one minute. Season with salt and pepper. Pour sauce over mussels and serve with crusty bread to soak up the sauce.

“Through this Torii Mor, this Earth gate, we step, to make glad the soul, with wine”