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# Italian Mussels

## Ingredients

½ C olive oil  
6 - 8 cloves chopped garlic  
1 T sun dried tomatoes  
2 pounds black mussels  
Salt to taste  
Pepper to taste  
Fresh parsley - 90%  
Fresh basil - 10%  
Red pepper flakes to taste  
½ lemon - juiced  
¼ C Lucatella cheese

## Procedure

To clean mussels: If mussels have 'whiskers', pull in opposite direction as they are growing. Soak in cold salt water with a few ice cubes. Allow to set about ½ hour. Wash a couple of times. Repeat. Soak sun dried tomatoes in warm water. Drain and chop into small pieces. In large skillet put olive oil and allow to heat. Add chopped (not minced) garlic and sauté. Do not allow garlic to brown, or it will be bitter. Add tomatoes. Add mussels. Lower heat. Sprinkle with salt, pepper, parsley, basil, oregano and red pepper seeds. Squeeze over juice of ½ lemon. Sprinkle with cheese. Cover and increase heat to medium. While simmering stir juice over mussels. Done when mussels open. You should have 1 - 2 cups of juice in the bottom of the pan. This is the best part. Serve with tomato pie for dipping in the juice.

