



# SAUTÉED MUSSELS



Tested on model:  
CDT-107E



Weight before cooking:  
4.000 g  
Weight after cooking:  
3.450 g



Servings:  
15



Recommended tray or  
grill:  
3 stainless steel t. with  
cover GN 1/1 60 mm



Total time:  
14'

PHASE									
1		0%	165°	8'	---	---	H	NO	C
2		0%	185°	6'	---	---	H	NO	C
3									
4									
5									
6									

## INGREDIENTS

Mussels: 4.300 g  
Minced garlic: 100 g  
Minced parsley: 40 g  
Extra virgin olive oil: 200 g

## PREPARATION

Preheat the oven.

Clean the mussels from seaweeds and remove impurities scratching the shells. Rinse under fresh running water.

Distribute oil and garlic in the trays, then place mussels still closed and cover. Put the trays in the oven and cook following the parameters.

Serve with slices of toasted bread.