

Kallummekaya Curry - Mussels In Spicy Sauce

MUSSELS IN SPICY SAUCE with its rich flavors can be eaten as a soupy appetizer with crusty bread. It can also be a main course with side servings of grilled or steamed vegetables. Mussels cook quickly, so this dish makes for a quick meal. Malayalees typically eat this dish with rice and vegetable dishes.

Ingredients (To serve 4)

- Fresh mussels - 8 cups
- Shallots - 5
- Peppercorns - 1 tsp
- Coriander seeds - 1 tbsp
- Olive oil - 3 tbsp
- Black mustard seeds - 1 tsp
- Red chili powder - 1 tbsp
- Turmeric powder - ¼ tsp
- Curry leaves - 6
- Coconut milk - 7 fl oz / 207 ml
- Salt - ½ tsp

Nutrition Information

	(per serving)	%DV
Calories	493	25 %
Carbohydrates	19 gm	6 %
Protein	38 gm	76 %
Fat	30 gm	46 %
Cholesterol	84 mg	28 %
Sodium	1182 mg	49 %
Fiber	3 gm	12 %
Calcium	113 mg	11 %
Iron	14 mg	78 %

Utensils

- Medium pan with lid
- Blender
- Spice grinder

Preparation (10-15 minutes)

1. Wash the mussels in cool water. Scrape away the beards and barnacles. Discard the ones that stay open.
2. Peel and mince the shallots in a blender.
3. Grind the peppercorns and coriander seeds to a fine powder in the spice grinder.

Cooking (10-12 minutes)

1. Heat the oil in the pan over high heat.
2. Add the mustard seeds to the hot oil.
3. When the mustard seeds start to pop, add the minced shallots.
4. Sauté the shallots until they are golden brown.
5. Add the red chili and turmeric powders, curry leaves, and the ground spices to the pan. Stir-fry until the aroma of the spices is released.
6. Reduce the heat to medium, and add the mussels, coconut milk, and a ¼ cup of water to the pan.
7. Cover the pan and cook for 6-8 minutes, until all or most of the shells open.
8. Discard the mussels that are still in closed shells.
9. Season with salt.

Serve: Hot.