

Braised Mussels, Lamb Sausage, Cannellini Beans & Tomato with Ciabatta Croutes

Serves 2:

Ingredients

2 pounds cultivated mussels
a large pinch of all purpose flour
2 tablespoons olive oil, divided
3 to 4 garlic cloves
2 large shallots
leaves of 2 large sprigs of oregano, plus more for garnish
1 15.5 ounce can of cannellini beans
3 plum tomatoes
3/4 pound lamb (or pork) sausage
pinch of red pepper flakes
1 tablespoon unsalted butter
kosher salt and freshly ground black pepper
1 cup dry white wine
1 cup water
extra virgin olive oil, for garnish

Ciabatta Croutes:

1/2 loaf ciabatta bread
extra virgin olive oil
1 garlic clove, halved

Preparation

Prep ingredients: scrub mussels clean and remove any "beards" that may protrude from their shells.

Discard any mussels that are cracked or open.

Place mussels in a large bowl and cover with cool water.

Sprinkle some flour over mussels, which will help them "cough" up any sand in their shells.

Finely chop garlic cloves, thinly slice shallots, pick leaves from fresh oregano stalks.

Drain and rinse the canned cannellini beans.

Chop ripe plum tomatoes.

Squeeze sausage links to remove the meat from its casing.

In a large heavy pot or dutch oven, heat a tablespoon of olive oil over medium heat.
Add sliced shallots and chopped garlic to sauté.
Sprinkle in a pinch of red pepper flakes and oregano leaves.
Stir and cook for 3 to 4 minutes, until shallot is lightly golden.

In a large skillet over medium high heat, warm a tablespoon of olive oil.
Sauté sausage meat until nicely browned and caramelized on all sides, about 10 minutes.

Add chopped tomatoes to the shallots in the pot; cook for one minute.
Add a knob of unsalted butter, season lightly with kosher salt and freshly ground black pepper.
Stir in cannellini beans and pour dry white wine and water into pot.
Bring to a simmer and add rinsed and drained mussels.
Cover and simmer for 8 to 10 minutes, until all the shells have opened.

Prepare Ciabbata Croutes: thinly slice ciabbata bread and toast until golden.
While hot, brush bread with extra virgin olive oil and rub with a halved garlic clove.

Add the sausage meat to pot.
Serve mussels in large shallow bowls and ladle lots of sauce, sausage, beans and tomatoes over all.
Sprinkle with oregano leaves, drizzle with olive oil, and serve with Ciabbata Croutes alongside.

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