

Blue Mussel

Latin Name *Mytilus edulis*

Chinese 贻贝

Japanese むらさきいがい
(ムール貝)

Two species of mussels, blue and gallo (*Mytilus galloprovincialis*) are cultivated in BC

Flavour



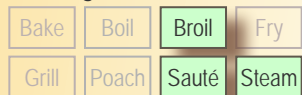
Texture



Omega-3 fatty acids/ gram



Cooking Methods



Average Portion Size

Approximately 75-100 grams
(2.5-3.5 oz) per person

Nutritional Value

Per 100 grams (3.5 oz) of raw edible portions

Calories (cal)	86.0
Total Fat (g)	2.2
Saturated Fat (g)	0.4
Protein (g)	11.9
Cholesterol (mg)	28.0
Sodium (mg)	286.0
Omega-3 (EPA & DHA)(g)	0.4

Canadian Nutrient File, Health Canada, 2007



How to Cook

Blue mussels have a rich and sweet creamy-tan to brownish-orange meat with a tender texture that is tougher than that of a clam.

Choose mussels that smell fresh and with shells that are tightly closed or snap shut when tapped. Shucked mussels should have plump meat with clear liquid. Smaller mussels are more tender than large ones.

Before cooking, soak mussels in cold water for 20 minutes. Remove the beard and scrub the shells. A whole mussel is cooked when the shell opens, although mussels will open before they are fully cooked. Mussels that do not open during cooking should be discarded.

Mussels are often used in soups, chowders, stews, paellas, pastas, and canapés.

About ...

Blue mussels are medium sized with purple, blue or sometimes brown smooth shells marked with fine concentric growth lines. They also have beards (byssus threads) by which they anchor themselves.

Nearly all of the blue mussel available in BC is cultured by the province's own shellfish industry.

Availability

