



Brian Anderson | Chef/Owner
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www.bistro29.com



For the Pannise:

- 2 cups Chickpea Flour
- 3 cups Water
- 1 Tbsp Salt
- 1 Tbsp Olive Oil

In a heavy bottom non reactive pot, work together the chickpea flour, salt, oil & one cup of the water. Mix until a smooth paste forms then add another cup of water & mix until smooth & finishing with the last cup of water. Place the pot over medium heat & stir vigorously with a wood spoon. After about 5 min the mixture will begin to thicken. Continue stirring until the batter starts to come away from the pot. Place the pannise in a well greased bread mold and refrigerate until completely cold. Unmold the pannise and slice into ½” by ½” fry shapes. At this point you can either freeze for later use or fry in hot oil until crisp.

For the Mussels:

- 2 lb Mussels, cleaned
- 2 Shallots, sliced
- 2 cloves Garlic, minced
- 1 cup Canned Tomatoes, chopped
- 1 cup White Wine
- 1 pinch Saffron Threads
- 2 Tbsp Butter
- 1 Tbsp Parsley, chopped

In a large sauté pan heat a small amount of cooking oil & add the shallots & garlic. Cook until fragrant & soft but not browned. Add the tomatoes, saffron, white wine & butter & bring to a simmer. Toss in the mussels, cover with a lid & let cook about 5-7 min or until all the mussels have opened. Sprinkle in the chopped parsley & serve with the pannise frites.



Photo courtesy of Ari Sturt

**Steamed Mussels with Tomato & Saffron
with Pannise Frites**



BPH-1603 Rectangular Plate PW 16" x 5 ½" x 1 ⅛" 1 dz



VPB-120 Bouillon PW 12 oz 4 ⅛" 3 dz

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