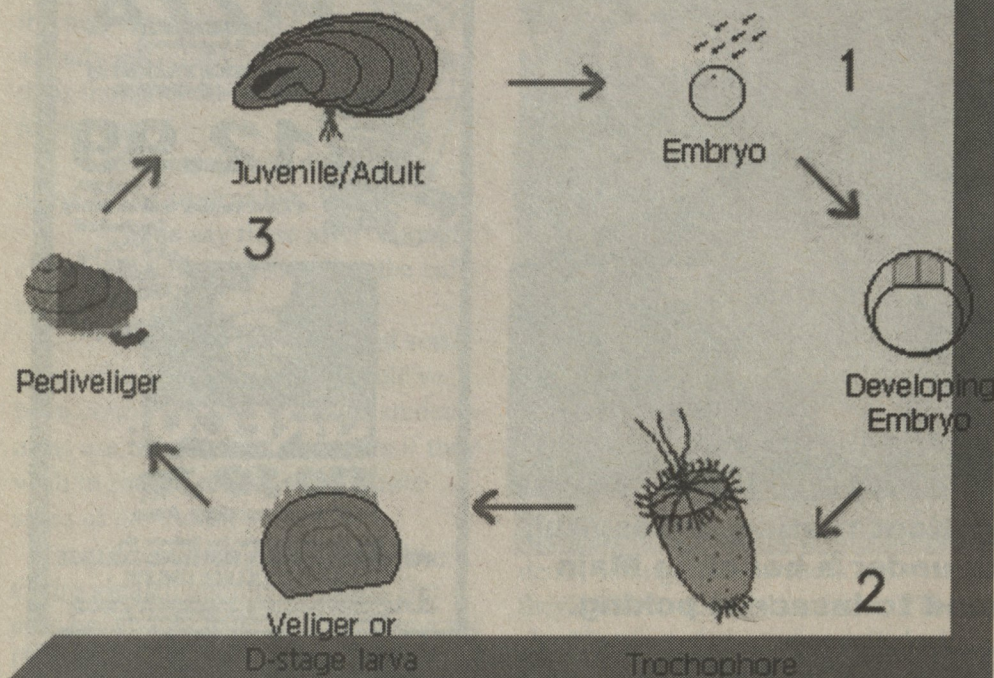


# Student Eats' This Week: Mussels

By Catherine SWEET

## Blue Mussel (*Mytilus edulis*) Life Cycle



**Know your prey well, lest you become the prey.**

If you're looking for a cheap and different meal idea, PEI Cultivated Mussels are really cheap right now (I got a kilo for \$3 at Sobey's). Here's how to cook them- so easy a University student could do it.

1) Buy your mussels (One serving is about 1 lb, or a half kilo). Take them home and cook them that day, or store them in the fridge, but not for more than 24 hours, just to be safe, eh wah?

2) Throw a pot on the stove and chuck the mussels into it (look at each mussel first, clean them if there's a little dirty and throw out the ones with broken shells). If some of the shells are open, it means the mussel is still alive (this is good). A fun thing to do is tap the mussel on the counter and sometimes they squeeze shut.

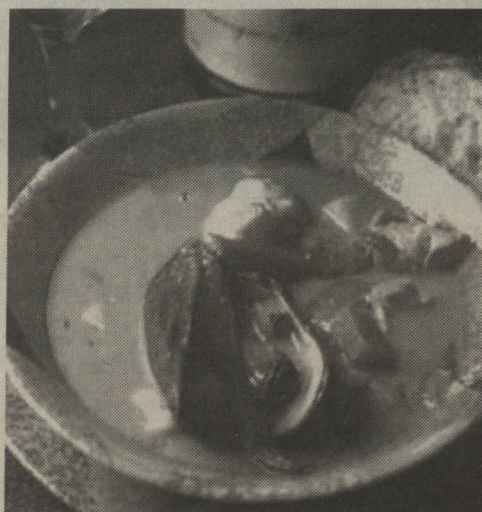
3) You don't have to put any water in the pot. This cuts down on prep time because the mussels can steam in their own juices. If you want, you can cover the bottom with wine, beer or a bit of garlic, but I really don't find all

that stuff lends to the taste.

4) Crank the heat and leave them alone. Don't take the cover off it for 5-7 minutes (they won't cook properly). Then look in after that time and if the shells are open, tuck in!

Melt some butter if you want, dip and enjoy. It's an easy clean-up and seems kinda posh. I love steaming mussels.

**DON'T PRY OPEN THE SHELLS THAT AREN'T OPEN UNLESS YOU ARE FOND OF VOMITING!**



Confederation Centre of the Arts  
It's your Centre... throughout the year!

GREAT ENTERTAINMENT YEAR ROUND!

PEI  
presents

SPONSORED BY  
**Sobeys**  
Ready to serve.

Bringing year-round vitality to Confederation Centre of the Arts, PEI Presents is a dynamic mix of touring and community-based productions, choral music programme, special events and activities.

Visit our website at [www.confederationcentre.com](http://www.confederationcentre.com) for a complete schedule, ticket prices and show information.

Appearing in October at The Centre!



**OCTOBER** Programme subject to change.

BUY TICKETS ONLINE!

Monday, October 7  
Thursday, October 10  
Friday, October 11  
Sunday, October 20  
Monday, October 21  
Wednesday, October 30

The Ennis Sisters  
Liam Clancy with Evans & Doherty  
The Accents  
PEI Symphony Orchestra  
John McDermott & The Cottars  
Royal Winnipeg Ballet

To book your tickets, contact the box office at 566-1267 or toll-free at  1-800-565-0278 or online at [www.confederationcentre.com](http://www.confederationcentre.com)

MEDIA SPONSORS

The Guardian

GO OCEAN

720 CHITN Magic 93