

Heath Southern Sisters Reserve Riesling

Fennel & Mussel Salad (serves four as an appetizer)

Ingredients:

1 teaspoon (5ml) soya oil
¼ onion, minced
2 cloves garlic, minced
2 teaspoon (10ml) minced fresh ginger
12 lemon balm leaves, finely chopped
1 Thai chili, seeds removed and minced
3 cups (720ml) fennel, julienned
3 lbs (1350 grams) mussels, cleaned and deveined
½ cup (120ml) Heath Southern Sisters Reserve Riesling
Zest of 3 limes
Juice of 3 limes

Directions:

1. Place large pot over medium heat and add soya oil
2. When oil is hot, add onion and sautee until translucent
3. Add half of the garlic, half of the ginger and lime zest
4. When fragrant (approximately 30 seconds) add mussels and Heath Southern Sisters Reserve Riesling
5. Cover pot and steam mussels until they open
6. Remove mussels and separate from liquid
7. Set mussel aside to cool
8. In a mixing bowl add fennel, remaining garlic, remaining ginger, lime juice and lime zest. Season with salt and pepper and toss.
9. De-shell mussels and add to fennel salad, and toss.
10. To serve place a mound of fennel and mussel in center of plate and garnish with fresh cilantro and twist of lime