

Shopping List and Equipment

Menu 105: Moules Marinieres and Cape Cod Arugula Salad

Ingredients

4 lbs. mussels, cleaned (*see note)	6-8 cups organic arugula
2 Tbsp EVOO	1/2 cup dried cranberries
4 shallots	1 ripe avocado
4 sprigs of thyme	1 cup whole pecans
2 bay leaves	EVOO for drizzling
1 cup dry white wine (or dry vermouth)	Aged balsamic vinegar for drizzling
4 Tbsp unsalted butter	Optional: Parmesan cheese block for shaving
1 bunch flat leaf parsley	
salt/pepper to taste	
Baguette (or other crusty bread)	

Equipment

Dutch oven or Large deep skillet/pan (13" or larger)
Salad Spinner
Front loading toaster/mini oven or small skillet
Vegetable peeler
Small glass or metal bowl