



Mussels in Sherry – Almejas al Jerez

We start with the Sherry

In Andalusia wine has been cultivated in more than 3000 years. The Sherry was first discovered in the 1200s when Andalusian sailors discovered that one could make the wines more durable by adding a little alcohol. Now began Sherry to be exported especially to England from Jerez de la Frontera. The Arab word for Jerez is Xeris and is pronounced "sjerish" and became Sherry in English. The most common grapes are Palomino, but also Pedro Ximenez and Muscatel cultivated that gives sherry its sweetness.

Recipe

Here is an easy to cook recipe with Sherry:

1 kg Mussels
2 tbl spoons Olive Oil
2 fine chopped Garlicks
2-3 dl dry Sherry
2 tbl spoons Parsley
Salt and Pepper

Clean the mussels thoroughly and sort out the clams are open.
Heat olive oil in a saucepan.
Add the garlic and let it get a little colour.
Pour in the Sherry and add the parsley.
Add the mussels and cook for about 4 minutes.
Remove the mussels that have not opened.
Serve the mussels warm or cold.