



## Tomato Mussels

Cooking time:

Sauce: 35 minutes

Mussels: 15 minutes

### Ingredients :

- 1 kg mussels

#### **Sauce:**

- 1 Can Of Diced Tomatoes (796g)
- 1 Can Of Tomato Paste (156g)
- 2 Chopped Shalots
- 4 Chopped Garlic Cloves
- ½ Teaspoon Sambal Olek
- 30ml Honey
- 5ml Provence Herbs
- Salt And Pepper

### Preparation :

Wash the mussels well, trim them and keep in the fridge.

#### **Sauce:**

Put all the ingredients in your 6.6L *CromoTanium* pot and close the cover. Put the *CromoTanium* pot on the stove and put it at medium heat. When temperature reaches 40°C, drop the heat to medium/low and let it go to 70°C.

#### **Mussels :**

Add the mussels to your *CromoTanium* pot, put on medium heat and let the temperature reaches 80°C. When it cooked, decorate with fresh parsley on a service plate.