



Conwy Mussel (PDO) Tempura with Welsh Laverbread Dip

SERVES 4 AS A STARTER

1kg Conwy Mussels (PDO)

100g Plain Flour plus extra for dusting

200ml Cold Sparkling Water

½ Teaspoon Salt

½ Teaspoon Sugar

120g Samphire

1 small handful Parsley or Coriander

150g Welsh Laverbread (PDO)

1 Shallot

1 Red Chilli

- 1 Steam the mussels just until they open, they will cook further in the fryer later
- 2 While the mussels are steaming, mix the flour with the salt and sugar, and gradually add the cold sparkling water, whisking to incorporate, be careful not to whisk too much because it will make the batter tough.
- 3 Pre heat your deep fryer – or large pot filled no more than half way with oil – to 180°C
- 4 When the mussels have opened, remove them from their shells and drop them into plain flour to coat, before coating them in the tempura batter and frying until golden and crisp, this should only take a few minutes.
- 5 While the mussels are frying, finely dice the shallot and the chilli and mix with the laverbread to make a dip, you can also thin this out with water or vinegar if you find it too thick
- 6 Scatter the samphire onto a sharing platter and top with your crispy tempura mussels, and a handful of chopped coriander or parsley, and serve with your laverbread dip.



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