



MUSSELS EVENT



Menu



Amuses Bouche

Cheese Platter
Charcuterie Plate

Salmon Gravlax served with Blinis and Crème Fraîche

Mini Mussels Burgers served with Sweet Potatoes Fries and an Aioli Sauce

Sauvignon Blanc, Sancerre « Moulin des Vrillères » Vallée de la Loire, 2009

Mussels Tasting

Moules aux Oursins with Cream of Sea Urchin

Moules Diabole with Tomatoes, Shallots and Lobster Bisque

Moules Grand Mère, with Mushrooms, Smoked Bacon and Cream

Bavik, Pilsner, 5% (Light blond with little bitterness aftertaste)

Meat Highlight

Rib Eye Steak (Origin: Pineland Farm, Maine)

served with Belgium Fries, Salad and "Beurre Maitre d'Hôtel"

Merlot, Château Bujan, Côtes de Bourg, Bordeaux, 2007

Desserts

*Grandma's Almond Cream **Pear Tart**, with Hoegaarden Beer Ice Cream*

***Brussels Waffle** Strawberry, Rhubarb Compote and Chantilly Cream*

*Warm **Apple Crumble**, Speculoos Ice Cream*

"Drinking like a Belgian" Diep 9 Genever

(Flavors: Passion fruit, Red currant, Chocolate, Peach & Apricot)

Our Blue Bay Mussels



Humans have used mussels as food for thousands of years and continue to do so.

In Belgium, the Netherlands, and France, mussels are consumed with french fries ("mosselen met friet" or "moules frites") or bread. In Belgium, mussels are often served with fresh herbs and flavorful vegetables in a stock of butter and white wine. Frites/Frieten and Belgian beer are popular accompaniments.

Rope-grown blue mussels are now grown through relatively small fisheries located in mid-coast Maine and Canada.

The Gulf of Maine is one of the richest and most diverse ecosystems on the planet, and it provides the mid-water cultured mussels with a ceaseless supply of phytoplankton and other life giving nutrients.

The Maine rope-grown mussels are exceptionally high yielding, and possess a terrifically pleasant level of brininess that you very well may not have experienced in a blue mussel before.

The best season to eat mussels is usually any month with an "R" (September through December); however, the Blue Bay mussels are edible all year long due to the exceptional eco system on the Maine coast and Canadian shores.

A brief History of Belgian Beers



Beer has been brewed ever since the Roman conquest but the technical knowledge came in the 11th century within the walls of the monasteries. The 19th century and the arrival of industrial age and modern technology played a huge role in both bigger and better production techniques.

It also helped experiment with new products such as fruits (cherries and other berries) and create more exciting tastes.

In 1986 and the arrival of international beers on the Belgian market inspired the Belgian government to introduce a “Year of the Beer” which created a massive press interest and helped in an international recognition.

Today, Belgian beers are the inspiration of all new young brewing masters; there recent popularity particularly in the United States was mainly inspired by the simple old and natural ways of brewing beers.



A brief History of Belgian Fries



The French and the Belgian both claim not only to have invented them but also to have the best tasting ones.

But anybody who has ever spent any time in Brussels or try the fries at *Et Voila!* would never second guess who has the best ones...

The secret of this incredible taste comes from a Belgian invention: the technique of “double friture” or two step frying procedure.

The first part of frying the freshly cut chip is to “blanche” the inside of the potato in vegetable oil. Then let the frites cool off completely before the second step of frying at high heat (350°F) until the frites are golden.

Once the fries are crispy and golden brown, salt lightly and dip in Belgian Mayonnaise to have a real treat!

Now a steaming pot of mussels accompanied with a bowl of freshly made, crisp golden frites with creamy mayonnaise is the heart of Belgian food.

Discover the own way of cooking mussels, façon *Et Voila!*

Mussels with Hoegaarden Beer



The Hoegaarden Beer:

The Hoegaarden Beer presents a white cloudy appearance due to yeast and a mixture of malty barley and unmalted wheat.

It is then brewed with adding herbs and spices like coriander and Curacao orange peels.

The beer has become quickly popular in the United States thanks to its refreshing tart, fruity aftertaste and easiness to drink.

It has gained fans especially and seduced a feminine clientele.

Mussels and Beer Combination:

Beer in Belgium is what wine is to the French. Belgium is “Moules, frites and glorious Beers”...

The reasons for such a combination are simples:

- Beer is a better tenderizer than wine
- It also enhances the taste



Ingredients:

- 1 bottle of Hoegaarden beer
- 2 lbs of Blue Bay Mussels
- 3 oz of butter
- 2 oz of chicken stock
- 4 oz of chopped shallots
- 3 oz of chopped garlic
- Thyme /salt /pepper
- 1 oz of chopped parsley

Preparation:

1. In a mussels pot, heat the butter, shallots, garlic until they sweat, add the thyme leaves.
2. Stir the mix for 2 minutes until the shallots and garlic have a nice color and add the mussels. Cook the mix for 2 more minutes.
3. Deglaze with the beer and let reduce. Slowly pour the chicken stock onto the mussels.
4. The heat will help the mussels open.
5. Add some parsley and served with Fires and a Hoegaarden beer very fresh.

Notes



Mussels Grand Mère



Ingredients:

- 2 lbs of Blue Bay mussels
- 2 oz of butter
- 3 oz of dry white wine like “Chablis”
- 4 oz of button mushrooms
- 4 oz of heavy cream
- Salt and pepper
- Thyme
- 2 cloves of garlic pureed
- 2 oz of diced Applewood bacon
- 2 oz of diced shallots
- 1 oz of chopped chives

Preparation:

1. In a pot, sautéed the shallots in butter and add the mushrooms until they sweat. Slowly add the bacon and caramelized the mix.
2. Pour the white wine to “deglaze” it (i.e. remove the extra fat).
3. Add the mussels, salt and pepper and let it cook 5 minutes.
4. Slowly pour the heavy cream into the pot and reduced for 4-5 minutes
5. Remove from the heat and serve in into a mussels pot, topped the mussels with chopped chives.
6. Eat with fries and a fresh beer.

Notes

