

The facts about Australian blue mussels.



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MURRAY.

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WHO:

The Australian Mussel Industry Association (AMIA) was formed by mussel growers to promote the benefits of Australian Blue mussels, and to lead and support the development of the mussel industry in Australia.

High on the agenda of the association is to squash the long-standing myth that mussels that don't open are no good to eat.

WHAT:

Just over 10% of mussels will stay closed after being cooked. This is normal. As it is steamed, the mussel opens when the adductor muscle inside the shell breaks. If that adductor muscle does not sever or separate from the shell, then the mussel will not open. Closed mussels can be cooked a little longer or the shell prised open with a knife. Unopened mussels are perfectly good to eat.

The myth has been traced back to a popular 1973 cookery book by UK author Jane Grigson called the Fish Book. In it she advised "to throw away mussels that refuse to open". It is thought this was a result of concerns at the time of some European mussels being dredged from polluted beds.

Ms Grigson's advice was echoed in other cook books in the '70s and '80s and soon became an old wife's tale only to be finally busted in recent years by formal FRDC funded research by Nick Ruello.

HOW:

Mussels are one of the easiest seafoods to cook. The usual method is to steam whole live mussels in a pot for around 3 to 4 minutes. Mussels are also very versatile and will respond to traditional white wine and cream sauces,

Asian styles or robust Mediterranean style sauces. Serve with crusty bread and salad, rice or pasta.

WHY:

Australian Blue Mussels are a good source of iron, protein, selenium, iodine and omega-3. They exceed the recommended daily intake of these nutrients.

Australians should be eating a lot more mussels because they're good for you! For example, European eats around 2kg of mussels each year whereas Australian are only eating 150 grams of Australian mussels each year (but we are slowly starting to eat more – 2.6% more than last year and the year before.)

QUICKIES:

Recent research undertaken by Australian Seafood CRC verifies that 73% of people surveyed throw away mussels that have not opened during the cooking process.

This equates to around 370 tonnes of perfectly good mussels being wasted each year.

Australian mussels are farmed in southern coastal regions of Western Australia, South Australia, Victoria, New South Wales and Tasmania.

AMIA growers produce over 3100 tonnes of mussels annually.

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For more information go to www.australianmussels.com.au
or check out: www.youtube.com/user/AustralianMussels