



Anticipatory Innovation -
Capitalizing on Change in
Turbulent Times

 KYLEMORE
BOOK CLUB

Simple Moules Marinière (Mussels)

Ingredients:

- 200ml (just under 1 cup) Fresh Cream
- 50ml (¼ cup) White Wine
- Small Bunch of Chives
- 500g (17.6 oz) Killary Mussels
- 1 Lemon

Method:

1. Finely Chop the chives
2. Peel some of the lemon rind and also cut some lemon wedges for garnish later on
3. Heat up a big saucepan until it's about to start smoking
4. Add Mussels and White Wine to saucepan
5. Cover with lid to allow steam to cook the mussels
6. 2 minutes later add chives and lemon rind peel
7. 1 minute later add the cream and continue to cook for 2 minutes
8. Stir and serve immediately with some soda bread, garnish with more chives and lemon wedge