Goan-Style Steamed Mussels with Calamari

Goa is a state on the west coast of India known for its seafood dishes. Curry leaves resemble small, narrow bay leaves and are available in Indian and gourmet markets. "Blooming" the mustard seeds in oil intensifies their aroma and flavor. Serve this entrée with Indian flatbread, called naan.

Yield: 4 servings (serving size: 1 1/2 cups)

1 1/2 tablespoons canola oil
1 tablespoon mustard seeds
2 1/2 cups thinly sliced onion (about 2 medium)
1 tablespoon crumbled dried curry leaves (about 2 leaves)
2 tablespoons fresh lemon juice
2 teaspoons chopped peeled fresh ginger
1/2 teaspoon salt, divided
1/2 teaspoon freshly ground black pepper, divided
3 garlic cloves, minced
1 serrano chile, seeded and thinly sliced
2 cups cleaned skinless squid (about 1 pound), thinly sliced
32 mussels (about 1 1/4 pounds), scrubbed and debearded
3 tablespoons chopped fresh cilantro

Heat oil in a large Dutch oven over medium heat. Add mustard seeds; cook 2 minutes or until seeds begin to pop. Add onion and curry leaves; cook 8 minutes or until onion is lightly browned, stirring occasionally. Stir in juice, ginger, 1/4 teaspoon salt, 1/4 teaspoon pepper, garlic, and chile.

Sprinkle squid with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper. Add squid and mussels to pan; cover and cook 3 minutes or until mussels open and squid begins to curl around edges. Discard any unopened shells. Remove from heat, and sprinkle evenly with cilantro.

CALORIES 331 (30% from fat); FAT 10.9g (sat 1.5g, mono 4g, poly 3.2g); IRON 7.6mg; CHOLESTEROL 309mg; CALCIUM 111mg; CARBOHYDRATE 18.8g; SODIUM 806mg; PROTEIN 38.4g; FIBER 1.8g

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