

Download Fish Shellfish Mary Cadogan

Scrub the mussels in a large bowl of cold water and discard any that are open. Put in a large pan with the wine. Bring to the boil, cover and shake the pan over a high heat until the mussels are open, about 3-4 mins. British mussels are cheap, sustainable and surprisingly simple to cook. Follow Mary Cadogan's step-by-step guide to preparing mussels, from BBC Good Food. London is a hotbed of new openings from destination restaurants to designer hotels, from quirky cafes to stylish shops. Find out about the hottest openings in town - if it's new and newsworthy, it's here. Reuben sandwiches Food historians generally agree the origin of the Reuben sandwich (as we know it today) can be traced to the 1920s. It gained national attention, when a sandwich by this name won an industry-sponsored contest.