

**Blue Mussels** (*Mytilus edulis*)

# *Blue Mussels*



[www.atlanticcanadaexports.ca](http://www.atlanticcanadaexports.ca)  
[seafood@atlanticcanadaexports.ca](mailto:seafood@atlanticcanadaexports.ca)

ATLANTIC  
**CANADA**  
ATLANTIQUE



# Blue Mussels (*Mytilus edulis*)

## Farmed Mussels

**French**  
moule

**Harvesting Season**  
Year-round

**Average Commercial Shell Length**  
5 - 8 cm

### Nutritional Analysis

(per 100 g of raw product)

Energy	86 cal
Protein	11.9 g
Lipids	2.2 g
Cholesterol	60 mg
Sodium	286 mg
Omega-3	0.4 g

The cold coastal waters of eastern Canada offer the perfect environment for farming clean, sweet and tender rope-cultured mussels that are the pride of the Canadian shellfish industry.

Backed by a constantly evolving Environmental Monitoring Program that ensures the highest safety and purity standards, Atlantic grown mussels are guaranteed to be pure.

After harvesting, these delectable mussels are packed fresh or fully-cooked and frozen in full shell.

Our mussels are high in protein, low in fat and cholesterol, and an excellent source of heart-healthy Omega-3.

### They are available in the following forms and package sizes:

#### Fresh in the shell:

cleaned, debyssed and packaged in mesh bags (1 kg to 11.36 kg)

#### Frozen:

pre-cooked and vacuum packed in its natural juices or in various flavoured sauces (available in 454 grams and 908 grams bags, or to buyer specifications)

Modified Atmosphere Packaging (MAP)  
(1.36 kg and 2 kg)

Pack sizes and products vary by processor. Please contact individual companies for specific products.



### Cooking Tips and Methods

The most popular way to prepare mussels is to steam them just until the mussel is fully cooked. Place 1 kg of mussels, with 250-500 mL of liquid, in a tightly covered pot. Steam over medium heat for 7 - 10 minutes or until the shells open wide and the meat comes loose from the shell. For the liquid, try beer, wine or water seasoned with herbs.

**Microwave Method:** Place mussels in a shallow dish with 50 mL liquid. Steam on high for 4 - 5 minutes.

Serve these meaty mussels right in the shell with a small dish of melted butter for dipping. One portion of 500 g will yield approximately 250 mL of shucked mussel meat. Cooked mussels can be eaten plain or used in a variety of seafood dishes.

Casual diners and those who enjoy fine cuisine will be delighted with our rope-cultured mussels.

### For your Atlantic Canada suppliers list please email:

New Brunswick Department of Fisheries:  
[anita.landry@gnb.ca](mailto:anita.landry@gnb.ca)

Nova Scotia Department of Agriculture:  
[bryante@gov.ns.ca](mailto:bryante@gov.ns.ca)

Prince Edward Island Business Development:  
[jrblanchard@gov.pe.ca](mailto:jrblanchard@gov.pe.ca)

Newfoundland and Labrador Fisheries and Aquaculture:  
[seanbarry@gov.nl.ca](mailto:seanbarry@gov.nl.ca)