Chilean Mussel

Chilean Mussels (*Mytilus chilensis*) are farm-raised in the cold Antarctic waters of Southern Chile. They are rope-grown. All natural Chilean Mussels are cooked and then quickly flash frozen to retain the flavor of freshly caught Mussels. They are available year round and are a great option during the Mussel spawning seasons when supplies of fresh Mussels can be limited.

The Monterey Bay Aquarium Seafood WATCH® ranks farm raised Mussels as a “Best Choice” because “they are farmed in an environmentally responsible way.”

**Sources**

- **Species Name**
  - *Mytilus chilensis*

- **Source**
  - Chilean Mussels come from Chile.

- **Seasonality**
  - Chilean Mussels are available year-round with peak production October through May. As these Mussels are frozen, supplies are not affected by spawning conditions that impact fresh Mussel availability.

- **Fishing Method**
  - Chilean Mussels are rope-culture aquacultured. They are suspended in the water column which reduces the accumulation of sand and mud from the ocean floor in the mussel.

**Features**

- **Flavor**
  - Chilean Mussels have a rich, sweet flavor, and plump, firm texture.
**Dietary Information**  
Per 3.5oz. (100g) raw, edible portion  
Calories 86  
Fat 2.24g  
Protein 11.90g  
Cholesterol 28mg  
Iron 3.95mg  
Sodium 286mg  
Omega-3 0.461g  
Source: USDA

**Appearance**  
Chilean Mussels have a black shell. The meat ranges from orange if female to cream if male. The color of the meat does not affect flavor or texture.

**Form**  
Chilean Mussels are available frozen.

**Uses**

**Preparation**  
Chilean Mussels are cooked before they are frozen, so they need only a quick reheating. Quickly steamed, baked, sautéed or broiled Chilean Mussels work well as a stand alone entrée or appetizer. Add to other dishes like soups, stews, salads, and pasta.

**Substitution**  
Blue Mussels, Pacific Mediterranean Mussels and Green Shell Mussels can be substitute for Chilean Mussels.

**Handling**  
Frozen Chilean Mussels should be kept frozen until just prior to use and should be cooked from frozen. Do not thaw or refreeze.

**Market**

**Sizes and Cuts**  
Chilean Mussels are medium sized and come 20-30 count per pound, with an average count of 25.

**Pricing Scale**  
Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing.

**Shelf Life**  
Commercially Frozen Chilean Mussels can be stored for 24 months from the date of production as long as they are kept frozen and properly stored.
<table>
<thead>
<tr>
<th>Market Names</th>
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<tr>
<td>Chilean Mussel, Mussel, Black Mussel</td>
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<table>
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<th>Where Caught</th>
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<td>Chile</td>
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<th>How Caught</th>
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<td>Rope grown aquaculture</td>
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