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>
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<td>Chilean Mussel, Mussel, Black Mussel</td>
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