



SANTA MONICA
SEAFOOD
Family Owned Since 1939

Prince Edward Island Mussel



A majority of Mussels farmed in Canada come from Prince Edward Island. Prince Edward Island Blue Mussels (*Mytilus edulis*), also called PEI Mussels, are farmed in the waters around Prince Edward Island. PEI Mussels are known to be high quality and sustainably grown. Although available year-round, production slows during the summer months when the Mussels spawn and the meat thins. However, female Mussels do not develop an oily taste when they are about to spawn, as happens with other Mussel species.

To ensure the Mussels remain at peak quality, proper storage is necessary and the steps for warm weather Mussel care should be followed.

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 edulis



Source
PEI Mussels are from Prince Edward Island, Canada. They are grown in protected estuaries.



Seasonality
PEI Mussels are available year-round with a peak from October to May. They spawn during the summer months which reduces their meat content.



Fishing Method
PEI 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

PEI Mussels have a bold taste. They have a rich, sweet flavor, and plump, firm texture. They have a firmer texture than clams.



Dietary Information

- The same protein content per weight as beef, with only one quarter of the calories
- Twenty-three per cent of the daily recommended intake of Vitamin C
- Thirty-seven per cent of the daily recommended intake of iron
- Almost 100 per cent of the daily recommended intake of zinc
- A substantial amount of omega-3 acids

Per 3.5oz. (100g) raw, edible portion

Calories 86

Fat 2.24g

Protein 11.90g

Carbohydrate 3.69g

Cholesterol 28mg

Iron 3.95mg

Sodium 286mg

Selenium 44.8mcg

Omega-3 0.461g

Source: USDA



Appearance

PEI Mussels have a light-brown to greenish or dark blue and black regularly shaped shell with light ridges. The shell is darker and thinner than the shells of wild blue mussels. PEI Mussels are usually harvested at 2 to 3 inches and are smaller than Green Shell Mussels. The meat ranges from orange if female to white if male. The color of the meat does not affect flavor or texture.



Form

PEI Mussels are sold Fresh LIVE in the shell. These remarkably clean, virtually grit free mussels are some of the finest available from anywhere!

Uses



Preparation

The beard (what the mussel uses to attach itself to a growing medium) must be removed before cooking. The renowned PEI Mussels are virtually beard free, thus this effort is greatly reduced! PEI Mussels are versatile so be creative. Steamed, baked, sautéed, broiled, or smoked PEI Mussels work well as a stand alone entrée or appetizer. Add to other dishes like soups, stews, salads, and pasta.

Always discard Mussels that will not close. Never use dead mussels.



Substitution

Atlantic Mussels from other harvest areas, Pacific Mediterranean Mussels and Green Shell Mussels can be substitutes for PEI Mussels.



Handling

Fresh PEI Mussels require handling at 32-34degrees F. Higher temperature will greatly reduce shelf life and quality. After receiving and inspecting your Mussels, place them in a drip tray or other container that will provide adequate drainage, and cover with copious amounts of fresh ice. Keep mussels under refrigeration and or iced whenever possible. Even relatively short periods of time spent out of such controlled environments will significantly reduce shelf life. Mussels prefer airy packaging. Do not store live mussels in closed containers or allow direct contact with water. Do not rinse mussels until just prior to cooking.

Frozen PEI Mussels should be kept frozen until just prior to use. Do not over thaw, refreeze or allow to sit in their own juice or water.

Market



Sizes and Cuts

Fresh PEI Mussels are packed in 9-10# packages and average 2-3 inches in length. The average count per pound ranges between 20 and 26.



Pricing Scale

PEI Mussels represent one of the great values in the shellfish category. Prices have remained stable for a number of years and are predicted remain stable in the months and years to come. However, 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

Fresh – Live PEI Mussels which have been handled and stored properly should retain optimum quality for 7-14 days. During the Summer spawning season June through August shelf life will be reduced.

Commercially Frozen PEI Mussels can be stored for 6 to 9 months.

Market Names
Prince Edward Island Mussel, PEI Mussel
Where Caught
Prince Edward Island, Canada
How Caught
Rope grown aquaculture



