

Mussels en Papillote

1	Clove garlic
1/2	Leek, cut into fine strips
1	Large carrot, cut into fine strips
1 tblspn	Chopped chives
2kg	Mussels, washed and debearded
1/4 pint	White wine or vermouth
	Salt and pepper

King Prawn in Garlic & Ginger

1lb	Raw headless king prawns, peeled
2 cloves	Garlic, finely chopped
2 tspns	Ginger, fresh, finely chopped
4floz	Olive oil
2 tblspn	Dill, chopped
	Salt and pepper