

Recipe of the Week!

Mussels with Roasted Garlic Mayonnaise

(makes 30)

1 small red capsicum
30 small black mussels (750g)
1 small brown onion, chopped finely
1 cup (250ml) dry white wine
1 bay leaf
1 large silverbeet leaf (100g),
shredded finely

Mayonnaise

1 medium bulb garlic
1 tablespoon olive oil
1 egg yolk
1 teaspoon Dijon mustard
1 tablespoon lemon juice
2/3 cup (160ml) extra virgin olive oil
pinch cayenne pepper, 1 tspn grnd black pepper, 1 tspn finely chpd fresh thyme



Quarter capsicum, remove and discard seeds and membranes. Roast under grill or in very hot oven, skin-side up, until skin blisters and blackens. Cover capsicum pieces with paper for 5 minutes, peel skin away, then cut capsicum into thin strips.

Scrub mussels, remove and discard beards. Combine onion, wine, bay leaf and mussels in large saucepan; cook, covered, over high heat, about 5 minutes or until mussels open (discard any unopened mussels). Remove and discard half of each mussel shell, remove mussels from remaining shells.

Place mussel shells on oven trays; divide silverbeet and capsicum among them, top each with one mussel and some roasted garlic mayonnaise. Just before serving grille mussels until browned lightly.

Roasted garlic mayonnaise: Preheat oven to moderately hot. Place whole garlic bulb on oven tray; drizzle with oil. Bake, uncovered, for about 45 minutes or until very soft. Stand garlic for 15 minutes; cut in half horizontally, squeeze out garlic pulp. Blend or process garlic pulp, egg yolk, mustard and juice until smooth. With motor operating, add extra oil in a thin stream. Stir in pepper and thyme.