

# Pickled Boston Bay Mussels, Hemp Oil, Miso + Hemp Seed Cream 'n Crackers



THE UNIVERSITY  
of ADELAIDE

150 YEARS

1kg mussels  
Steamer

## Pickle liquid

100ml rice vinegar  
50g caster sugar  
200ml water  
Bay leaves  
3.5g salt

## Miso Dressing

100g white miso  
10g Japanese mustard  
50ml boiling water

## Dressing

80ml Hemp Oil  
30ml pickling liquid  
20ml mirin  
Pickled ginger to garnish

## Crackers

100g linseed  
100g hemp seeds toasted  
5g sea salt  
200ml water  
Garnishes- garden fluff + pickled  
onions

## Method

Bring the steamer to a rolling boil and steam the mussels in small batches until they just pop open. Around 3-4 minutes.

Open and remove any beards from the mussels.

Combine all the pickle ingredients and bring to a gentle simmer.

Turn off and cool. When room temperature pour over the mussel meat and set aside.

Blend the miso, toasted hemp seeds, mustard, ginger and water until smooth.

Combine the dressing ingredients and set aside.

Crackers are made overnight but simply combine all ingredients and spread onto a greased baking sheet. Leave in a low oven overnight or 90°C for 2-3 hours. The cracker is completely dry when ready.

To serve have the mussels at room temperature and arrange on a plate with the sauce, dressing, garnish and crackers.

make  
history.