Smoked Mussel and Roasted Pepper Bulgur

2 generous warm bowls · Active 20 min · Total 50 min

Skills: Confident beginner

Ingredients

- 1 tablespoon olive oil (15 ml)
- 1 small onion, finely diced (75 g)
- 1 garlic clove, finely chopped (3 g)
- 3/4 cup medium bulgur wheat (140 g)
- 1 cup plus 2 tablespoons plus 2 teaspoons drinking-quality water (280 ml)
- 2 tablespoons additional drinking-quality water (30 ml), reserved for adjustment only
- 1/2 teaspoon smoked paprika (1 g)
- 1/4 teaspoon fine salt (1.5 g)
- 3/4 cup jarred roasted red peppers, drained and diced (100 g)
- Commercially canned ready-to-eat smoked mussels, enough small tins to give 6 oz drained mussels (170 g)
- 1 tablespoon drained capers (15 g)
- 1 tablespoon lemon juice (15 ml)
- 2 tablespoons chopped parsley (8 g)

Set out

At least 2-liter (2.1-quart) saucepan with snug lid, Can opener if required, Fine sieve, Heatproof measuring cup, Broad serving spoon, Instant-read thermometer for any later reheating

Allergens

Wheat, Molluscan shellfish (mussels); check the canned product for other allergens. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 5–6 minutes until soft, then stir in garlic for 30 seconds. Add bulgur and paprika and stir for another 30 seconds.

2. Add the 280 ml water and salt. Bring to a boil, stir once, cover and reduce to a gentle simmer. Cook for 10–15 minutes, or the chosen medium-bulgur packet time, until tender and the liquid is absorbed. If it is dry while still firm, add the separately measured reserve water 1 tablespoon at a time. Remove from the heat and rest covered for 5 minutes.

3. Fold in the drained peppers, mussels and capers gently. Return to low heat, cover and warm for 3–4 minutes, stirring once, until the mixture is hot. These mussels are already commercially cooked; do not use this warming stage for raw shellfish.

4. Remove from the heat, fold in lemon juice and parsley, and divide between two bowls. Serve promptly, distributing the mussels evenly. Discard any unused reserved water.

Buy a size you can finish

Read the drained weight before buying and select tins that together provide the required 170 g. Tin sizes vary by brand. Use the opened contents in this meal rather than assuming an oversized tin can wait in an unmeasured warm refrigerator.

Timing

Includes chopping, bringing the grain to a boil, a covered rest and the final warming stage. A slower-cooking bulgur packet can add a few minutes.

A useful detail

Use intact, undamaged shelf-stable tins and follow their labels. Do not replace the canned mussels with raw, refrigerated smoked, or home-preserved shellfish.

Keep it well

Use the opened canned mussels for this meal. Refrigerate cooked leftovers promptly in a shallow container within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below. Use within 2 days, or a shorter limit stated on the seafood label. Reheat once to 165°F/74°C throughout and eat immediately; discard reheated remains.