

# OFF THE SHELF from THE GOOD OLIVE



Mustard has got a bit of a dodgy reputation. It hasn't really been considered trendy since about the 1950s. Shame because it is truly a wonderful condiment and one that is greatly underrated.

All mustard is made in relatively the same way. The seed must be crushed, its hull and bran sifted out or not depending on type of mustard being made. It then may or may not go through further grinding and crushing. A liquid such as water, wine, vinegar, beer, or a combination of several of these liquids is added, along with seasonings and perhaps other flavourings. The mustard is mixed, in some cases simmered, and then cooled. Some mustard is aged in large containers before it is bottled and shipped to stores and customer.

Although similar recipes for mustard paste appear as early as 42 AD, the use of mustard as a condiment was not widely practiced in either Greece or Rome. The Romans (who used it for both food and medicine - as a cure for anything from hysteria to snakebite to bubonic plague) took the seed to Gaul, however, where it grew in popularity.

But by the early 18<sup>th</sup> century demand was declining. The market was revived, and the city of Dijon (France) secured as the capitol of mustard when, in 1856, Burgundian Jean Naigeon substituted verjuice for the vinegar in prepared mustard. The use of verjuice resulted in a mustard that was less acidic than France had tasted before, and the smooth, suave, condiment we call Dijon mustard assumed its place in history.

## ***Mustard and Bacon Soup***

- 4 slices smoked bacon
- 1 medium shallot, chopped
- 2 tbsp Cahoots Red Wine Mustard
- ½ tsp chopped fresh rosemary
- ½ tsp chopped fresh thyme
- freshly ground black pepper
- 4 cups heavy cream
- 2 cups chicken broth (strong)
- 1 tbsp butter

Cut bacon into small pieces and sweat over medium heat with the chopped shallots, rosemary, and thyme for five minutes. Add mustard, cream, and chicken broth, and simmer over low heat for about five minutes or until hot but not boiling. Add black pepper to taste. If the soup seems too thick, you may thin it with more chicken stock or with water. Garnish with more rosemary and thyme, if desired, or with chopped chives. Just before serving, add the butter.

To buy Cahoots Red Wine Mustard and to browse a range of other Cahoots and Berry Farm products visit our website at [www.thegoodolive.com.au](http://www.thegoodolive.com.au), or visit our shop at 97, Bussell Highway, Margaret River, Western Australia, or call us on +61 (0) 8 9758 7877. Come on, be inspired!