

Recipes



Mustard, *Brassica* spp.

Tips for Using Mustard Seeds:

- “Prepared Mustard” is the term used in recipes to indicate the use of the condiment made from grinding the seeds and blending with water, vinegar, wine or other liquids and seasonings.
- Mustard seeds can be added to recipes whole, ground or crushed.
- Be sure to add the type of mustard specified in a recipe as the flavor and pungency varies widely.
- Mustard greens can be harvested for salads when they are young, small, and tender. Older, mature leaves are used in sautés or stews.

Baked Mustard Dressing

½ cup Dijon mustard
¼ cup fresh lemon juice
2 tablespoons sherry vinegar
1 teaspoon capers, minced, plus 1 teaspoon of
brine from the jar

⅓ cup extra-virgin olive oil
⅓ cup canola oil
2 tablespoons whole-grain mustard
Kosher salt

Preheat the oven to 325° and line a baking sheet with foil. Spread 6 tablespoons of the Dijon mustard on the prepared baking sheet a scant ¼ inch thick. Bake the mustard for 10 to 12 minutes, until a crust forms on the surface and the mustard feels slightly firm.

In a blender, combine the baked mustard, lemon juice, vinegar, capers and brine with the remaining 2 tablespoons of Dijon mustard and blend until smooth. With the blender on, drizzle in the olive oil and canola oil until thick. Transfer the dressing to a jar; stir in the whole-grain mustard. Season with salt and serve. Make ahead and refrigerate for up to 3 days. Serve with warm new potatoes.

Total time: 25 minutes. Yield: 1 ½ cups.

Guarnaschelli, A.
FoodandWine.com/recipes/baked-mustard-dressing

Herby Mustard Yorkies (individual Yorkshire Puddings)

1½ cup all-purpose flour
2 large tablespoons mustard powder
5 eggs

1¾ cup milk
Large bunch rosemary and thyme leaves, picked
5 tablespoons vegetable oil

Heat oven to 425 °F. In a bowl, beat the flour and mustard powder with the eggs until you have a smooth, thick batter. Gradually beat in the milk until the batter is the same consistency as cream, then stir in the herbs, and season.

Pour a drizzle of oil into each hole of a sturdy 12-hole muffin tin. Put the tin in the oven and heat for 5 mins. Working quickly, remove the tin and pour enough batter into each hole so that it comes two-thirds of the way up the sides. Carefully place the tin back in the oven and cook the Yorkies for about 20 mins until they are puffed up and brown. Preparation: 10 minutes; Cook: 20 minutes; Makes 12

BBC Good Food Team
Bbcgoodfood.com/recipes/herby-mustard-yorkies

Mustard BBQ Sauce

A sweet mustard-based barbeque sauce with a bit of a bite, excellent for mustard-barbequed chicken and pork. Also makes a great dipping sauce for chicken fingers! Will store covered in the refrigerator for 2 to 3 weeks.

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| ½ cup yellow mustard | 2 tablespoons paprika |
| ½ cup honey | 1 tablespoon ground mustard |
| ¼ cup brown sugar | 1 teaspoon salt |
| ¼ cup cider vinegar | 1 teaspoon ground black pepper |
| 2 tablespoons garlic powder | 1 teaspoon cayenne pepper, or more to taste |

Mix mustard, honey, brown sugar, cider vinegar, garlic powder, paprika, mustard, salt, black pepper, and cayenne pepper in a jar with a tight-fitting lid. Cover jar and shake until sauce is well combined. Prep Time 10 minutes, Total Time: 10 minutes, Makes 2 cups of sauce

Alaskaninthesouth, Allrecipies.com
Allrecipies.com/recipe/244770/mustard-bbq-sauce/

Mustard Dill Sauce

½ cup dill
½ cup Dijon mustard
1 Tablespoon honey
3 Tablespoons dill white wine vinegar
3 Tablespoons plain white yogurt
½ cup olive oil

In a blender, combine all ingredients except the oil. With the motor running, slowly add the oil. Blend until thick and smooth. Place it in a covered container and refrigerate.

Serve with steamed vegetables, grilled chicken or fish.

Elanor Davis, HAS Western Pennsylvania Unit
The Herb Society of America Essential Guide to Cooking with Herbs

Pretzel Chicken with Tarragon and Dijon Mustard

3 tablespoons unsalted butter, at room temperature
1/3 cup Dijon mustard
2 tablespoons chopped fresh tarragon
1/2 teaspoon ground pepper

8 boneless chicken thighs (4½ - 5 pounds), skin removed or small boneless chicken breasts
2/3 cup regular or gluten free pretzels, coarsely ground
1 tablespoon extra-virgin olive oil

Preheat oven to 425°F.

Blend the butter, mustard, tarragon and pepper in a bowl until combined. Place chicken in a large baking dish and brush the tops and sides with the mustard mixture.

In a food processor, pulse the pretzels until they range from coarse to fine-sized crumbs. Remove the blade, add the oil and mix with the pretzel crumbs. Press the breadcrumbs onto the chicken.

Roast the chicken until the breadcrumbs are golden brown and an instant-read thermometer inserted into the thickest part registers 165°F, 35 to 45 minutes. Garnish with chopped tarragon and serve with the cooking juices, if desired.

Karen Kennedy
HSA Education Manager

**Do you have a recipe using mustard to share?
Please send it to educator@herbsociety.org**