



Inspired by Mustard

Mustard is an ancient seed that's anything but ancient history. Today, mustard is highly recognized as both a versatile and nutritious ingredient in or beside our favourite dishes.





Forward

By mid-July in Saskatchewan, dark green seas of mustard plants are transformed into iridescent waves of yellow. The flowers sway in the breezes, and the swells of yellow flow off into the distance to greet the bluest of blue skies.

Canada has a long history of mustard seed research, production, processing and export.

Today, Saskatchewan producers are the world's largest mustard exporters where hot, dry summer growing conditions yield the highest quality seed for processing, and warm and dry harvest conditions enhance crop quality and preserve stored seed quality.

Mustard, one of the world's oldest savoury spices, holds a place in *gastronomie* matched only by its place in folklore and its health benefits.

Today, mustard is highly recognized as both a versatile and nutritious ingredient. Its pungent and piquant flavour is packed into just a few calories—only 5 calories per teaspoon (5 g) of mustard powder or, depending upon the brand, approximately 14 calories per tablespoon (15 ml) of prepared mustard.

This tiny seed's nutritional profile boasts a plentiful supply of essential minerals including calcium, iron, manganese, phosphorus, zinc, selenium and magnesium (the latter two being studied for their role in protecting against certain cancers, cardiovascular disease, inflammation, hypertension and diabetes). Mustard seed is about 25 percent protein, contains no cholesterol, and is a good source of the omega-3 fatty acids that may help decrease the risk of heart disease.

Mustard is an ancient seed that's anything but ancient history. From legend to legacy, research is showing mustard has significant value as both an exciting food with a long and spicy pedigree as well as a modern contributor to the future of human health.



Mustard is a Must

What is it about mustard that makes it so coveted by chefs and food lovers? Mustard provides liveliness to other flavours without overwhelming. It's truly a spice that inspires.

For today's chef who is looking for healthy accoutrements to wholesome foods, mustard packs a punch. Imagine! A functional and highly nutritious seed that is delicious in its entirety! For a taste of tradition and innovation, ancient history and modern inspiration...mustard is a must.

Mustard is a Must for Flavour

Of the three types of mustard seed, Yellow mustard (*Sinapis alba*) is the most mellow with minimal heat, making it a favourite accompaniment for many foods. Yellow mustard is best known as the main ingredient in North America's traditional hotdog mustard, however some of the compounds in Yellow mustard have unique properties that make it an important functional food ingredient. One of the compounds is mucilage, which is the coating on the outside of the seed. Mucilage has the ability to absorb and hold liquid, making mustard a good emulsifying agent. Emulsifiers allow for the suspension of one liquid in another, such as oil in water, a quality important for satiny salad dressings and mayonnaise.

Brown mustard is zestier and often the base for hotter preparations. Brown mustard, derived from *Brassica juncea*, has a dark brown seed coat and is used in the manufacturing of Dijon-style mustards. Brown mustard is also used in combination with Yellow in the making of English-style mustard.

Oriental mustard, the golden yellow seed coat version of *Brassica juncea*, has the most piquant flavour of them all and is commonly used as an ingredient in Far Eastern cuisine.



Mustard is a Must for Versatility

Once you start to experiment with mustard, you'll be inspired by its flavour and versatility. Because mustard adds such delight to the palate in so many forms, this book presents a 'textural' collection of original recipes using this tiny seed's big personality in every form, for inspired cooks of any fare.

Ground Mustard Powder

Mustard powder (also called mustard flour) is the finely ground seed of the mustard plant.

Unlike most other aromatic spices, mustard powder has no aroma when it is dry; but must be moistened for about 10 minutes to develop its pungency and sharp, tangy flavour.

Prepared Mustard

Prepared mustard is a fluid mix of whole, cracked, or ground mustard seed, with vinegar, wine, water, beer, or must (freshly pressed fruit juice), and often other seasonings such as honey, dill, garlic or horseradish. Although there are age-old favourite preparations (think "ballpark" mustard or Dijon-style Grey Poupon), mustard's renewed popularity is stimulating new product development and specialty preparations which blend mustard and roasted garlic, fresh dill, jalapeno, and spirits such as whiskey.

Whole Mustard Seed

In this book, some recipes feature mustard's rich colour and perfect symmetry by using it whole, or in a grainy preparation (like a whole grain Dijon-style). In cooking, to release their flavour, whole seeds are typically crushed or heated in oil until they pop. Mustard seed can be stored indefinitely in a cool, dry place.

Inspired by Mustard

From soup to nuts (as the saying goes). You'll find a wide variety of recipes in the following pages featuring mustard as a showcase ingredient. Some you'll fall in love with because they remind you of the mustard you grew up with—classic dishes with a modern twist. Others you'll just have to experience for their contemporary sophistication—a spectacular restaurant meal you can easily make at home.



Don't forget the wine! Wine is a part of mustard's heritage, as it was the must (freshly pressed fruit juice) from wine making that was first used in making prepared mustard. Many recipes in this book are appended with a suggested wine pairing designed to help you find what excites your palate as you, in your quest for interesting flavours and good nutrition, become *Inspired by Mustard*.

Acknowledgements

The **Saskatchewan Mustard Development Commission (SMDC)** is a group of producers simply passionate about mustard. It is because of these producers—their progressive thinking and drive to grow superior seed—that this book was created. Saskatchewan mustard producers have a story to tell about the rich heritage and exciting future of mustard and have been most supportive of this project.

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The original recipes contained in this book are those of world-class culinary professionals who are intimate with summertime fields of mustard and understand what a successful harvest means to the spirit of the people who live here. Our heartfelt thanks to recipe developers **Clint Polnicky**, **LeeAnn Bodnaryk**, **Paolo Fenu** and **Steve Driver**, who were happy to share their enthusiasm for this special spice. Wine pairing suggestions were created by "la sommelière impromptue" **Sylvie Bergeron**. Also thanks to **Jennifer Adolphe, RD, MSc**, for completing the nutrient analysis of the recipes.

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*We invite you to share our enthusiasm for this wonderful little seed and hope you enjoy
Inspired by Mustard.*



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Zippy Barbeque Rub, Page 4

Ground mustard seed, called mustard powder or flour, is the quintessential ingredient adding zip to meat rubs, and a mellow, piquancy to soups and dressings.

Ground

Mustard Spiced Salmon

4 salmon filets (skinned and boned),
or salmon steaks, 6 oz (720 g) each
1 tbsp (15 ml) olive oil

Spice Mix:

2 tbsp (25 ml) paprika
2 tbsp (25 ml) dry mustard powder
1 tsp (5 ml) garlic powder
1 tsp (5 ml) onion powder
1/2 tsp (2 ml) cayenne pepper
1 tsp (5 ml) salt
1 tsp (5 ml) cumin

Preheat oven to 350° F (180° C). Mix the spices together, and then thoroughly coat salmon pieces with spice mix on both sides. Heat olive oil over medium-high heat in a heavy bottomed fry pan. Sear the presentation side of the salmon first (in the case of a filet, this is the side of the salmon that the skin wasn't on). Gently turn over and sear other side until the spices are slightly darkened, then bake in oven for 5 to 7 minutes, or until desired doneness.

Serves 4 people

Per serving (194.7 g): 374 calories, 40.5 g protein, 4.0 g carbohydrate, 1.2 g fibre, 0 g sugar, 21.1 g fat, 3.2 g saturated fat, 0 g trans fat, 111.6 mg cholesterol

Lemon-Ginger Cream Sauce

2 tbsp (25 ml) butter
1 tbsp (15 ml) minced shallot
1/4 tsp (1 ml) cayenne pepper
1 tsp (5 ml) grated fresh ginger
1/4 cup (60 ml) white wine
1 tbsp (15 ml) freshly squeezed
lemon juice
1 cup (250 ml) 35% cream
2 tbsp (25 ml) whole grain mustard

Per serving (95 g): 282.3 calories, 2.1 g protein, 3.7 g carbohydrate, 0.5 g fibre, 2.0 g sugar, 28.4 g fat, 17.3 g saturated fat, 0.2 g trans fat, 98.7 mg cholesterol

Preheat butter over medium heat in a heavy bottomed fry pan. Add shallot and sauté until translucent. Add ginger and cayenne pepper and then add white wine and lemon juice, gently scraping the bottom of the pan. Continue to sauté on medium heat until liquids are reduced by one-half, then add cream and reduce by half again, or to the consistency you desire. Stir in whole mustard seed and season to taste.

Season to taste using a little honey to counteract overly strong lemon acidity. Add salt to taste if necessary. Spoon over warm salmon filets.

Serves 4 people



Wine pairing suggestion

Asian notes in this recipe call for a **Gewürztraminer**, which offers a heady aromatic scent. Its floral and tropical fruit aromas (lychee and mango in particular) will complement this dish. A dry **Riesling** is another wine that also meets the challenge of pairing with Asian flavours.

Oven Roasted Russian Mustard Cauliflower Soup with Garlic Croutons

1	small head cauliflower chopped into florets
2 tbsp (25 ml)	olive oil
2 tbsp (25 ml)	butter
1	leek, white part only, cut into 1/2 inch (1 cm) pieces
1/2 cup (125 ml)	chopped shallot
2	cloves garlic, minced
1/4 tsp (1 ml)	dried thyme
1/4 cup (60 ml)	white wine
1	stalk celery, roughly chopped
1	large russet potato, diced to 1/2 inch (1 cm) pieces
6 cups (1.5 L)	vegetable chicken stock
1 cup (250 ml)	35% cream
1/2 tsp (2 ml)	garam masala
1 1/2 tsp (7 ml)	dry mustard powder
3 tbsp (45 ml)	Russian sweet mustard
2 tsp (10 ml)	white wine vinegar
2 tbsp (25 ml)	freshly chopped parsley
	kosher salt and freshly ground pepper, to taste

Preheat broiler to 400° F (200° C). In a bowl combine florets with oil and toss thoroughly. Place florets on a sheet pan and roast on middle rack of the oven until golden in colour.

In a heavy bottomed stockpot, melt butter and sauté the leek, shallot, garlic, thyme and celery. Add white wine. Add potato, cauliflower, chicken stock, garam masala, dry mustard, Russian sweet mustard and simmer for 20 minutes, or until the potato and the cauliflower are soft. Cool soup until easy to handle then purée in a food processor or a blender.

Once blended, add the soup back to the pot with cream and heat gently. Season to taste with salt, pepper, white wine vinegar and parsley.

Serves 6 people

Per serving (515.7 g): 405.7 calories, 11.5 g protein, 29.7 g carbohydrate, 3.4 g fibre, 11 g sugar, 27 g fat, 13.3 g saturated fat, 0 g trans fat, 80 mg cholesterol

Garlic Croutons

1	whole grain baguette, bias cut into 12 pieces 1/4 inch (0.5 cm) thick
3 tbsp (45 ml)	butter, melted
1	clove garlic, minced
1 tsp (5 ml)	minced parsley

Preheat broiler to 400° F (200° C). Combine melted butter, garlic and parsley. Brush onto baguette slices. Broil until golden in colour. Serve with soup.

Serves 6 people

Per serving (49.5 g): 125.3 calories, 2.5 g protein, 17.3 g carbohydrate, 6.1 g fibre, 1.2 g sugar, 6.4 g fat, 3.6 g saturated fat, 0 g trans fat, 15.3 mg cholesterol



Wine pairing suggestion

Sauvignon Blanc offers a fresh, "mown grass" aroma. Dry-style **Sauvignon** or **Fumé Blanc** can handle more pungent flavours, like those brought by cauliflower in this dish, which would clash with many other white wines. In fact, **Sauvignon Blanc** is probably the best white wine to accompany the greatest variety of foods.

Cheddar & Ale Soup

3 tbsp (45 ml)	butter
2	medium onions, diced
4	cloves garlic, chopped
1 tsp (5 ml)	dried chilies
1 tbsp (15 ml)	fresh thyme, chopped, or 2 tsp (10 ml) dried thyme
4 tsp (20 ml)	dry mustard powder
3 tbsp (45 ml)	all purpose flour
1/2 cup (125 ml)	warm, whole fat milk
1 12 oz (330 ml)	bottle of medium to dark ale
1 cup (250 ml)	warm beef or chicken stock
1/2 cup (125 ml)	sour cream
pinch	cayenne pepper
dash	Worcestershire sauce
2 cups (500 ml)	grated aged cheddar cheese
4	green onions, chopped



MAKE IT A MEAL
Serve with toasted
Seed Bread (p. 37)

Melt butter in a medium pot over medium heat. Add onions and cook until slightly softened, about 6 to 7 minutes. Add chilies, garlic and flour. Continue to cook while stirring often to make sure the flour does not burn. Add milk, ale and stock and bring mixture to a light boil. Reduce heat and add mustard (you can add dried thyme with the mustard if you are not using fresh). Continue to let the soup simmer for about 10 to 15 minutes stirring occasionally. Remove soup from heat and whisk in cheese gradually so it melts consistently. Whisk in sour cream, fresh thyme (if using), Worcestershire sauce, cayenne pepper. Season soup with salt and pepper. Garnish with green onions.

Serves 4 people

Per serving (377.5 g): 573.9 calories, 25.3 g protein, 21.9 g carbohydrate, 1.9 g fibre, 6.8 g sugar, 40.9 g fat, 24.9 g saturated fat, 0 g trans fat, 119.8 mg cholesterol



Wine pairing suggestion

The most natural pairing for this soup is with **dark ale** as it is an important ingredient. Alternatively, **Malbec** or **Cabernet Sauvignon** both pair well with old cheddar and have enough depth for the dark ale in the soup.



Zippy Barbeque Rub

1/3 cup (75 ml)	dry mustard powder
1/4 cup (60 ml)	brown sugar
2 tbsp (25 ml)	coarse salt
2 tbsp (25 ml)	coarsely ground pepper
2 tbsp (25 ml)	paprika
1 tbsp (15 ml)	chili powder
2 tsp (10 ml)	hickory smoked salt
2 tsp (10 ml)	garlic powder
2 tsp (10 ml)	crushed thyme

Combine all ingredients in a bowl and mix well. Sprinkle 2 to 3 tsp (10 to 15 ml) per pound (or 0.5 kilogram) on meat. Rub in well with fingers. Excellent on barbequed or oven roasted meats. (This rub can be stored in an airtight container for up to 6 months.)

Makes 1 1/4 cups (300 ml)

Per recipe (170.5 g): 533.7 calories, 18.8 g protein, 78.1 g carbohydrate, 9.3 g fibre, 45.5 g sugar, 19.9 g fat, 0.7 g saturated fat, 0 g trans fat, 0 mg cholesterol



Wine pairing suggestion

Shiraz pairs well with robust dishes such as this spiced rub grilled meat dish. **Zinfandel** (red) is another varietal that can be enjoyed with outdoor grilled meat. At its best, **Zinfandel** has very fruity, raspberry-like aromas and flavours and a 'jammy' quality.

Mustard Cheese Sticks

1 cup (250 ml)	all purpose flour
2 tbsp (25 ml)	dry mustard powder
1/2 tsp (2 ml)	Mrs. Dash Chipotle Seasoning
1/2 cup (125 ml)	butter or margarine
1 1/2 cup (375 ml)	grated aged cheddar cheese
1/4 cup (60 ml)	cold water



Preheat oven to 300° F (150° C). In a bowl, stir together flour, dry mustard and chipotle seasoning. Cut in butter with pastry blender or rub together with fingers until mixture resembles a coarse crumb texture. Add cheese and mix well. Pour in water, mix with fork to form a ball. On a lightly floured surface, roll dough to a 12 inch x 12 inch (30 cm x 30 cm) square. Cut square in half horizontally to create 2 rectangles, then slice each rectangle into 1 inch x 6 inch (2 cm x 15 cm) sticks. Lay sticks (not touching each other) on a nonstick baking sheet. Bake until lightly browned on bottom, 18 to 20 minutes. Let cool before removing from pan. Store in an airtight container.

Here's a neat twist...after cutting the sticks, twist a couple of times before laying on baking sheet, pressing ends gently onto the sheet to hold the twist.

Makes 48 sticks

Per serving of one stick (10.3 g): 44.5 calories, 1.3 g protein, 2.2 g carbohydrate, 0.1 g fibre, 0.1 g sugar, 3.4 g fat, 2.1 g saturated fat, 0 g trans fat, 9.2 mg cholesterol

Grandpa's Mustard

1/3 cup (75 ml)	granulated sugar
3 tbsp (45 ml)	dry mustard powder
2 tbsp (25 ml)	cornstarch
1/4 tsp (1 ml)	turmeric
1	large egg, beaten
1 cup (250 ml)	10% cream
2 tbsp (25 ml)	vinegar

In top of double boiler, mix sugar, mustard, cornstarch and turmeric. Whisk in egg, then cream and cook until thickened, whisking continually. Remove from heat, stir in vinegar. Pour into small jars and store in refrigerator.

Makes 1 1/2 cups (375 ml)

Per 1 tbsp (15 ml) serving (17.5 g): 33.1 calories, 0.9 g protein, 3.9 g carbohydrate, 0.1 g fibre, 2.4 g sugar, 1.6 g fat, 0.7 g saturated fat, 0 g trans fat, 10.7 mg cholesterol

Scallops in Tarragon Mustard Sauce

24	scallops
1 tsp (5 ml)	chopped shallot
1 tsp (5 ml)	chopped garlic
1 cup (250 ml)	35% whipping cream
2 tbsp (25 ml)	Tarragon Mustard (recipe below)
1/4 tsp (1 ml)	kosher salt
1/2 tsp (2 ml)	chopped fresh thyme
1 tbsp (15 ml)	grapeseed oil

Heat a large skillet until quite hot and add grapeseed oil. Add scallops and sear on both sides until partially cooked. Remove from pan and place on plate. Using the same skillet, add garlic and shallot and sauté briefly, but do not brown. Add wine if desired, and reduce mixture slightly. Add cream and reduce again, until sauce reaches desired thickness. Stir in mustard and add scallops. Simmer 2 to 3 minutes and serve.

Serves 6 people

Per serving (110.8 g): 235 calories, 11.5 g protein, 5.1 g carbohydrate, 0.1 g fibre, 3.1 g sugar, 18.8 g fat, 9.5 g saturated fat, 0 g trans fat, 73.6 mg cholesterol

Tarragon Mustard

1 cup (250 ml)	dry mustard powder
1/2 cup (125 ml)	granulated sugar
1/4 cup (60 ml)	brown sugar
1/4 cup (60 ml)	tarragon vinegar
1 tbsp (15 ml)	chopped tarragon
1/2 tsp (2 ml)	kosher salt
1/4 cup (60 ml)	olive oil

Combine ingredients in a food processor and blend for 2 minutes. Store refrigerated in a sealed glass container.

Makes approximately 1 1/2 cups (375 ml) or 6 servings

Per serving (19.3 g): 83.8 calories, 1.9 g protein, 8.1 g carbohydrate, 0.3 g fibre, 6.8 g sugar, 5.0 g fat, 0.4 g saturated fat, 0 g trans fat, 0 mg cholesterol

MAKE IT A MEAL

Serve with a side of fresh salad greens in season and rice or rustic bread.



Wine pairing suggestion

Both **Chardonnay** and **Viognier** can show tropical fruit aromas and flavours that would pair well with the tarragon in this dish.

Dry Mustard Pistachio Crusted Cod Fish

24 oz (720 g)	codfish fillets, or other firm white fish
1/2 cup (125 ml)	unsalted and shelled pistachios, chopped fine in food processor
1 cup (250 ml)	fresh bread crumbs
4 tsp (20 ml)	dry mustard powder
4	large eggs
2 tbsp (25 ml)	canola oil
	salt and freshly ground pepper, to taste

Preheat oven to 400° F (200° C). In one bowl mix together pistachios, bread, mustard, salt and pepper. In another bowl, separate egg whites from yolks, discard yolks (or reserve for another dish), and whisk whites for 20 seconds.

Pat the codfish very dry with numerous paper towels to remove any water. Season fish with salt and pepper. Dip both sides of the codfish generously in the egg whites. Then coat both sides with pistachio mix, ensuring it is thoroughly coated.

On stovetop, preheat oil in a fry pan over medium heat, adjusting the heat until the oil slightly smokes. Lightly brown the fish on both sides. Transfer browned fish to a baking sheet and bake at 400° F (200° C) on middle rack of the oven approximately 10 to 15 minutes depending on the thickness of the cod (less time for thinner pieces).

Serves 4 people

Tartar Sauce

4 tbsp (60 ml)	mayonnaise	2 tsp (10 ml)	sour cream
4 tsp (20 ml)	sweet relish	pinch	fresh dill weed
1 tsp (5 ml)	dry mustard powder	2 tsp (10 ml)	white corn syrup or honey
2 tsp (10 ml)	fresh lemon juice	2 tsp (10 ml)	minced shallot

Combine ingredients; keep chilled in the fridge until ready to serve. Serves 4 people.

Per serving (30 g): 128.4 calories, 0.5 g protein, 5.3 g carbohydrate, 0.1 g fibre, 1.9 g sugar, 11.9 g fat, 1.3 g saturated fat, 0.4 g trans fat, 9.2 mg cholesterol



Wine pairing suggestion

Chardonnay is a popular and versatile grape yielding flavours ranging from crisp and fresh to buttery, depending on where it has grown and on winemaking techniques. A new world un-oaked **Chardonnay** would pair well with this dish. **Vioignier**, a more floral varietal, would be an interesting alternative.



MAKE IT A MEAL

Serve this fish with fresh coleslaw and mashed new potatoes seasoned with butter, whole grain mustard, salt and pepper. Before presenting, add a dollop of tartar sauce on each serving of cod fillet.

Per serving (265.7 g): 442.8 calories, 43.8 g protein, 14.8 g carbohydrate, 3.5 g fibre, 2.8 g sugar, 23.4 g fat, 2.5 g saturated fat, 0 g trans fat, 77.5 mg cholesterol

Mixed Baby Greens Salad

8 oz (220 g)	mixed baby greens
2 tbsp (25 ml)	finely chopped shallot
1/4 cup (60 ml)	finely chopped yellow pepper
20	cherry tomatoes, halved
2 tbsp (25 ml)	goat cheese, crumbled
1	medium apple, diced

In a bowl combine greens, shallot and pepper together. Toss the salad with as much dressing (recipe below) as desired. Season with salt and pepper. Top each serving with goat cheese and cherry tomatoes. Garnish with apple and Honey Mustard Almonds & Pistachios (recipe below).

Serves 4 people

Per serving (187.9 g): 63.2 calories, 2.9 g protein, 11.3 g carbohydrate, 3.0 g fibre, 6.7 g sugar, 1.6 g fat, 1.0 g saturated fat, 0 g trans fat, 3.9 mg cholesterol

Peach, Mustard & Rum Vinaigrette

1/4 cup (60 ml)	canned peaches
1 tbsp (15 ml)	lemon juice
4 tsp (20 ml)	white wine vinegar
4 tbsp (60 ml)	canola oil
1 tsp (5 ml)	grated fresh ginger
5 tsp (25 ml)	honey
4 tsp (20 ml)	dark rum
1 tsp (5 ml)	dry mustard powder
	kosher salt and freshly ground pepper, to taste

In a small food processor blend peaches with lemon juice and vinegar. Blend in canola oil with remaining ingredients. Refrigerate until ready to use. Serves 4 people.

Per serving (48.8 g): 170.1 calories, 0.3 g protein, 9.2 g carbohydrate, 0.3 g fibre, 9.3 g sugar, 14.1 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol

Honey Mustard Almonds & Pistachios

1/4 cup (125 ml)	pistachios, unsalted, shelled
1/4 cup (125 ml)	almonds, unsalted, shelled
4 tsp (20 ml)	prepared honey mustard
1 tsp (5 ml)	water

Preheat oven to 350° F (180° C). Combine mustard and water together in a bowl. Add the nuts and mix together. Place the nuts on a baking sheet lined with parchment paper. Bake approximately 4 minutes, stirring occasionally until the nuts are glazed and evenly browned. Serves 4 people.

Per serving (22.1 g): 98.5 calories, 3.1 g protein, 6.4 g carbohydrate, 1.8 g fibre, 2.7 g sugar, 7.7 g fat, 0.8 g saturated fat, 0 g trans fat, 0.2 mg cholesterol



Wine pairing suggestion

This salad calls for a fruit forward wine to complement the peach in the dressing and the apple in the salad. **Viognier** can show floral aromas, and its apricot flavour will pick up the undertones of the dressing.

Sugar & Spice Baked Bacon

8	slices, lean, thick sliced bacon, about 1/2 lb (250 g)
1 1/2 tsp (7 ml)	dry mustard powder
1 1/2 tsp (7 ml)	brown sugar
1 tsp (5 ml)	freshly ground black pepper

Preheat oven to 350° F (180° C). Line a 13 inch x 9 inch (34 cm x 22 cm) baking sheet with foil and place bacon strips on baking sheet. In a small bowl, combine mustard, brown sugar and pepper. Sprinkle each bacon strip with 1/2 tsp (2 ml) of mustard mixture. Bake 12 minutes or until golden brown and bubbling on top and edges are ruffled, or until desired crispness is achieved.

Serves 4 people

Per serving (48.6 g): 217.7 calories, 5.1 g protein, 2.4 g carbohydrate, 0.1 g fibre, 1.6 g sugar, 20.7 g fat, 11.7 g saturated fat, 0 g trans fat, 30.4 mg cholesterol

MAKE IT A MEAL

This bacon is versatile. Serve as a decadent brunch side dish along with sweet seasonal melon and toasted Seed Bread (p. 37). Or crumble and add to spinach greens dressed with Basic Balsamic Salad Dressing (p. 20).





Ham Mousse Ring

2	envelopes unflavoured gelatin (2 tbsp or 14 g)
1 cup (250 ml)	cold water
1 cup (250 ml)	light whip-style salad dressing
2 tbsp (25 ml)	dry mustard powder
2 cans (300 g)	flaked ham, stirred well to break apart
1 cup (250 ml)	crushed pineapple, well drained
1 cup (250 ml)	light sour cream
1/4 cup (60 ml)	finely chopped celery
1/4 cup (60 ml)	finely chopped sweet pickle
2 tbsp (25 ml)	finely chopped red pepper
1 tbsp (15 ml)	finely chopped onion

Soften gelatin in 1/2 cup (125 ml) of the cold water. Heat over low heat until dissolved. Remove from heat and add remaining water, salad dressing, and dry mustard. Stir well. Chill about 20 minutes, or until slightly thickened. Fold in ham, crushed pineapple, sour cream, celery, sweet pickle, red pepper and onion. Pour into a 6 cup (1.5 L) ring mold. Chill 2 hours until firm. Unmold onto serving plate and serve as a side dish or as an appetizer with crackers.

Serves 12 people as a lunch; or 24 people as an appetizer

Per serving (121.4 g): 141.8 calories, 6.4 g protein, 9.9 g carbohydrate, 0.4 g fibre, 7.5 g sugar, 8.3 g fat, 2.3 g saturated fat, 0 g trans fat, 24.2 mg cholesterol



Maple Mustard Cocktail Sausages, Page 24

As mustard's popularity reaches new heights, so does the selection of mustard preparations available in grocery and specialty food stores. In this section, preparations include bright, classic 'ballpark mustard' as well as grainy Dijon-style mustard to spice up both light fare and hearty dishes.



Prepared



Russian Mustard Glazed Baby Carrots

12 oz (360 g) baby carrots
1 tbsp (15 ml) Russian-style mustard
1 tbsp (15 ml) unsalted butter
salt and freshly ground pepper, to taste

Bring a pot of water to a boil, add carrots and cook until tender. Once cooked, strain and return back to the pot. Stir in mustard and butter, and season to taste with salt and pepper.

Serves 4 people

Per serving (94.8 g): 60.9 calories, 0.8 g protein, 7.3 g carbohydrate, 1.6 g fibre, 0 g sugar, 3.4 g fat, 1.9 g saturated fat, 0 g trans fat, 7.6 mg cholesterol

Russian-Style Sweet Potatoes

4 small- to medium-sized sweet potatoes, peeled
and cubed
4 small- to medium-sized russet potatoes, peeled
and cubed
6 tbsp (90 ml) butter
2 tbsp (25 ml) Russian sweet mustard
4 tbsp (60 ml) 35% cream
salt and freshly ground pepper, to taste

Boil potatoes until fork tender. Remove from heat and strain. Mash with butter, mustard, cream and salt and pepper until smooth.

Serves 4 people

Per serving (268.4 g): 363.1 calories, 4.8 g protein, 53.4 g carbohydrate, 5.7 g fibre, 9.4 g sugar, 15.1 g fat, 9.3 g saturated fat, 0 g trans fat, 47.2 mg cholesterol

Salmon Cakes

22 oz (660 g)	Atlantic salmon, chopped very fine
1/2 tsp (2 ml)	dry dill weed
2 tsp (10 ml)	Russian sweet mustard
2 tsp (10 ml)	whole grain Dijon-style mustard
2 tsp (10 ml)	prepared horseradish
2 tbsp (25 ml)	sour cream
1 tbsp (15 ml)	mayonnaise
1 tbsp (15 ml)	finely chopped green onion
	kosher salt and freshly ground pepper, to taste
1/3 cup (75 ml)	fresh bread crumbs
1 tbsp (15 ml)	freshly squeezed lemon juice

Fold ingredients together. Make 8–10 cakes 3 inches (8 cm) in diameter, 1/2 inch (1 cm) thick.

Heat 2 tbsp (25 ml) canola oil over medium heat in a heavy bottomed pan. Fry the salmon cakes for 1 to 2 minutes each side or golden brown in colour (be careful not to overcook or the salmon will become dry).

Serves 4 people

Per serving (101.5 g): 175.8 calories, 17 g protein, 3 g carbohydrate, 0.2 g fibre, 0.6 g sugar, 10.2 g fat, 1.5 g saturated fat, 0.2 g trans fat, 51.1 mg cholesterol

Mustard Aioli

2 tsp (10 ml)	Dijon-style mustard
2 tbsp (25 ml)	mayonnaise
1 tbsp (15 ml)	plain yogurt
1/2	clove garlic, minced
1/2 tsp (2 ml)	freshly squeezed lemon juice
1 tbsp (15 ml)	freshly squeezed orange juice
	salt and freshly ground pepper, to taste

Combine all ingredients and season to taste. Spoon over salmon cakes.

Serves 4 people

Per serving (9.2 g): 29.4 calories, 0.2 g protein, 0.7 g carbohydrate, 0 g fibre, 0.2 g sugar, 2.8 g fat, 0.3 g saturated fat, 0.1 g trans fat, 2.2 mg cholesterol



Wine pairing suggestion

Unoaked **Chardonnay** would provide the right acidity to pair with salmon, an oilier fish. **Chardonnay** produced in cooler regions is lean and acidic (crisp) and can offer notes of green apple, lemon and lime.

If you want to "drink outside the box" try a **Beaujolais** (Gamay Noir varietal), which offers an interesting alternative with its soft tannins and refreshing acidity of red cherries, strawberries, raspberries and bananas.



Mustard Black Beans

2 cups (500 ml)	dried black beans
1/4 cup (60 ml)	chopped yellow onion
2	cloves garlic, chopped
3/4 cup (175 ml)	10% cream
1 tbsp (15 ml)	butter
1/4 tsp (1 ml)	dried thyme
1/4 tsp (1 ml)	dried basil
1	medium tomato, chopped
2 tbsp (25 ml)	Russian-style mustard
2 tsp (10 ml)	white wine vinegar
2 tbsp (25 ml)	chopped fresh cilantro
	salt and freshly ground pepper, to taste

Soak the beans overnight, at room temperature, in at least 8 cups (2 L) of water. Drain and boil in fresh water for an hour and a half or until tender. Once beans are fully cooked, strain and set aside. Using the pot the beans were boiled in, sauté butter, onions and garlic until onions are translucent. Add thyme, basil and cream and bring to boil. Add beans back to the pot and simmer gently. Add mustard, tomato and vinegar. Once the cream in the pot of beans has been reduced by at least half, season with salt, pepper and fresh cilantro.

Serves 4 people

Per serving (202.3 g): 447.4 calories, 24.1 g protein, 69.1 g carbohydrate, 14.8 g fibre, 1.4 g sugar, 9.2 g fat, 5.2 g saturated fat, 0.1 g trans fat, 22.7 mg cholesterol

MAKE IT A MEAL

Serve with Mustard, Rum & Maple Marinated Pork Tenderloin (p. 41), for a special meal...or Seed Bread (p. 37) for more rustic fare.

Mustard Maple Glazed Smoked Ham

6 lb (3 kg)	smoked picnic shoulder (or smaller)
2 tbsp (25 ml)	maple syrup
3 tbsp (45 ml)	brown sugar
1 tbsp (15 ml)	Dijon-style mustard
1 tsp (5 ml)	mustard seed

Preheat oven to 350° F (175° C). Place ham in a roasting pan and pour a cup of water in the pan. Bake on middle rack for 2 hours. Remove ham from oven and slice off the rind of the ham exposing the fat. Do not take off the fat, just the rind. Score ham with a knife 1/2 inch (1 cm) deep in a diamond pattern. Mix maple syrup, brown sugar, Dijon-style mustard and mustard seed together and baste ham. Bake for another 1.5 hours or until internal thermometer reaches 160° F (72° C).

Serves 8 people

Per serving (388.3 g): 569 calories, 54.3 g protein, 13.3 g carbohydrate, 0.2 g fibre, 8.2 g sugar, 31.5 g fat, 10.5 g saturated fat, 0 g trans fat, 180 mg cholesterol

Whole Grain Mustard & Peach Sauce

1	medium shallot, chopped
2 tbsp (25 ml)	olive oil
2 tsp (10 ml)	butter
1/2 cup (125 ml)	white wine
2/3 cup (150 ml)	ham liquid from the pan, skim fat
1 cup (250 ml)	peaches (fresh, frozen or canned)
4 tsp (20 ml)	mustard seed
	salt and freshly ground pepper, to taste

Sauté shallot in olive oil and butter over medium heat for a few minutes, until softened.

Add white wine, ham stock and peaches. Reduce to thickened, sauce consistency.

Drizzle over each serving of glazed ham.

Per serving (83.7 g): 108.5 calories, 1.3 g protein, 5.6 g carbohydrate, 1 g fibre, 3.1 g sugar, 8.3 g fat, 1.6 g saturated fat, 0 g trans fat, 2.5 mg cholesterol



Wine pairing suggestion

Pairing wine with ham can be tricky because of ham's salty and robust flavour. Try a fruity, quenching red wine like **Beaujolais** (Gamay Noir grapes) or a light **Pinot Noir**. If you're in the mood for white wine, you could consider **Chenin Blanc** or **Riesling**.

Vegetarian "Niçoise" Salad

8	hard boiled eggs, peeled and quartered
8	cooked yellow-fleshed baby potatoes, about 2/3 lb (300 g)
1/2 lb (225 g)	green beans, trimmed and blanched
8	olives (preferably Niçoise), pits removed, sliced
1/2 cup (125 ml)	marinated artichokes, roughly chopped
1 tbsp (15 ml)	capers
2 1/2 oz (75 g)	arugula or baby greens



Mustard Vinaigrette Dressing

2 tbsp (25 ml)	white wine vinegar
1 tbsp (15 ml)	lemon juice
2 tsp (10 ml)	Dijon-style mustard
1 tsp (5 ml)	liquid honey
2 tbsp (25 ml)	freshly chopped parsley
3 tbsp (45 ml)	canola oil
3 tbsp (45 ml)	olive oil
	salt and freshly ground pepper, to taste

Per serving of salad with dressing (316.5 g): 459.5 calories, 16.4 g protein, 25.6 g carbohydrate, 3.5 g fibre, 3.2 g sugar, 33.4 g fat, 5.6 g saturated fat, 0 g trans fat, 431 mg cholesterol

For dressing, combine all the ingredients except the oil, salt and pepper in a stainless steel bowl. Slowly whisk in oil. Season to taste with salt and pepper.

To finish, place greens on a plate and neatly arrange the other ingredients on top. Add dressing and serve.

Serves 4 people



Wine pairing suggestion

The thing to note when pairing wine with salads is the dressing or vinaigrette. Sharp dressings like this one (especially with the capers, adding saltiness and acidity) like wines with good acidity. A **Sauvignon Blanc** would be perfect.



Asparagus & Dijon Soup

1 lb (500 g)	fresh asparagus, woody bottoms removed, diced
3 tbsp (45 ml)	butter
2 tbsp (25 ml)	all purpose flour
2	medium onions, diced
3	cloves garlic, minced
4 cups (1 L)	warm chicken or vegetable stock
1 cup (250 ml)	warm 35% cream
1 tbsp (15 ml)	prepared Dijon-style mustard
2 tsp (10 ml)	white wine vinegar
	salt and freshly ground pepper, to taste

In a medium soup pot, melt butter. Add onions and cook over medium-low heat until translucent. Add garlic and flour and continue to cook, stirring to make sure the flour does not burn. Add stock and cream and cook over medium heat, stirring often. Once the mixture comes to a boil, reduce heat and simmer for 10 minutes.

Add asparagus and cook until it is just tender. Remove soup from heat and blend with Dijon-style mustard and vinegar. Season with salt and pepper and serve.

Makes 4 servings

Per serving (520.7 g): 314.8 calories, 12.4 g protein, 27.0 g carbohydrate, 3.0 g fibre, 9.3 g sugar, 18.4 g fat, 10.4 g saturated fat, 0 g trans fat, 50.6 mg cholesterol



Mustard Curry Vegetable Scallop

4 cups (1 L)	chopped cabbage
4 cups (1 L)	frozen mixed vegetables
1 tbsp (15 ml)	butter or margarine
1	small onion, diced
1	clove garlic, minced
1/2 tsp (2 ml)	curry powder
2 tbsp (25 ml)	all purpose flour
3/4 cup (175 ml)	1% milk
1 package (250 g)	light cream cheese, cubed
1 tbsp (15 ml)	prepared mustard
1/2 cup (125 ml)	dry bread crumbs
1 tbsp (15 ml)	melted butter or margarine

Preheat oven to 350° F (180° C). Lightly spray a 11 inch x 7 inch (28 cm x 17 cm) baking dish with non-stick cooking spray. Combine cabbage and vegetables in dish. In a saucepan, over medium heat, sauté butter and onions 3 minutes or until almost clear. Stir in garlic and curry. Sprinkle with flour and stir. Whisk in milk and cook until thickened. Add cream cheese and mustard. Stir over medium heat until cheese is melted. Pour over vegetables, stirring to mix. Toss bread crumbs with melted butter and sprinkle over vegetables. Bake 55 minutes or until bubbling and browned around the edges. Turn oven off and let rest 10 minutes before serving.

Serves 8 people

Per serving (198.7 g): 181.9 calories, 7.7 g protein, 20.5 g carbohydrate, 3.7 g fibre, 3.7 g sugar, 8.3 g fat, 5.1 g saturated fat, 0 g trans fat, 23.2 mg cholesterol



Wine pairing suggestion

Sauvignon Blanc would be the best choice to pair with this dish's robust cabbage flavour.

Pear-Avocado Salad

7 oz (210 g)	baby spinach leaves
1/2	fresh pear, sliced into thin wedges
1	avocado, diced
1/4	yellow pepper, thinly sliced
1/2	medium shallot, finely slivered
2 oz (60 g)	prosciutto, thinly sliced into strips
2 tbsp (25 ml)	dried cranberries

Serves 4 people

Per serving (147.5 g): 139.8 calories, 7.3 g protein, 15.7 g carbohydrate, 3.8 g fibre, 2.7 g sugar, 6.6 g fat, 1.4 g saturated fat, 0 g trans fat, 11.8 mg cholesterol

Add the spinach to a bowl with half of the avocado, pepper, shallot and the prosciutto. Reserve the remainder of the ingredients to garnish the salads. Season to taste with salt and pepper. Toss with dressing as desired. Divide salad on each plate and garnish with remaining ingredients. Top with pear wedges and Grainy Mustard Candied Pecans (recipe below).

Mustard Cranberry Vinaigrette

4 tbsp (60 ml)	unsweetened cranberry juice
1 tsp (5 ml)	Dijon-style mustard
2 tsp (10 ml)	Russian sweet mustard
3 tbsp (45 ml)	canola oil
1 tbsp (15 ml)	white wine vinegar
2 tsp (10 ml)	honey
2 pinches	kosher salt

Combine ingredients in a glass jar and shake vigorously until combined and thickened.

Refrigerate until ready to use.

Serves 4 people

Per serving (37.1 g): 114.2 calories, 0.1 g protein, 5.6 g carbohydrate, 0 g fibre, 5.3 g sugar, 10.5 g fat, 0.8 g saturated fat, 0 g trans fat, 2.1 mg cholesterol

Grainy Mustard Candied Pecans

1/2 cup (125 ml)	pecans, whole
1 tbsp (15 ml)	honey
1 tsp (5 ml)	water
2 tsp (10 ml)	whole grain mustard
pinch	cayenne pepper
pinch	kosher salt

Preheat oven to 350° F (180° C). In a bowl combine the honey, water, cayenne, mustard and salt. Add pecans to mustard mixture and thoroughly combine. Place nuts on a baking sheet lined with parchment paper. Bake approximately 4 minutes, stirring occasionally until nuts are dark golden in colour and the syrup is bubbly.

Serves 4 people

Per serving (22.2 g): 123.1 calories, 1.5 g protein, 6.5 g carbohydrate, 1.5 g fibre, 5 g sugar, 11.2 g fat, 0.9 g saturated fat, 0 g trans fat, 0 mg cholesterol



Wine pairing suggestion

In this salad and dressing where pears, cranberries and avocado all call for a fruit forward wine, a new world **Pinot Noir** is a suggestion. It has a silky texture and seductive aromas and flavours including strawberry, cherry, raspberry and even violet and cinnamon.

Ham & Eggs a la Mustard Golden Rod

3 tbsp (45 ml)	butter
3 tbsp (45 ml)	all purpose flour
1/4 tsp (1 ml)	salt
dash	freshly ground pepper
2 cups (500 ml)	2% milk
2 tbsp (25 ml)	Dijon-style mustard
1 tsp (5 ml)	prepared mustard
1/4 tsp (2 ml)	Worcestershire sauce
1 cup (250 ml)	diced, cooked ham
5	hard boiled eggs, chopped (reserving two yolks)

Melt butter in a saucepan over medium-low heat. Blend in flour, salt and pepper. Cook until mixture bubbles. Whisk in milk, mustards and Worcestershire sauce. Increase heat to medium-high, stirring constantly until mixture boils. Boil 1 minute. Add ham and chopped eggs and heat through. Serve on toast, croissant or waffle. Push reserved egg yolk through a sieve, and sprinkle over each serving to garnish.

Serves 5 people

Per serving (201.9 g): 265.6 calories, 17 g protein, 10.5 g carbohydrate, 0.2 g fibre, 0.4 g sugar, 16.9 g fat, 8.2 g saturated fat, 0.1 g trans fat, 259.0 mg cholesterol



Wine pairing suggestion

Add some fizz to your orange juice and turn this hearty breakfast into a festive brunch. **Mimosa** is a cocktail of 3 parts sparkling wine and 1 part chilled orange juice.



Basic Balsamic Salad Dressing

3/4 cup (175 ml)	olive oil
1/4 cup (60 ml)	balsamic vinegar
1	clove garlic, minced
1 tsp (5 ml)	Dijon-style mustard
	salt and freshly ground pepper, to taste

Whisk together all ingredients and store, refrigerated, in an airtight bottle.

Per 1 tbsp (15 ml) serving (14 g): 88.6 calories, 0 g protein, 0.8 g carbohydrate, 0 g fibre, 0.6 g sugar, 9.6 g fat, 1.3 g saturated fat, 0.1 g trans fat, 0 mg cholesterol

Basic Asian-Style Balsamic Salad Dressing

3/4 cup (175 ml)	olive oil
1/4 cup (60 ml)	balsamic vinegar
1 tsp (5 ml)	sesame seed oil
1 tsp (5 ml)	Dijon-style mustard
	salt and freshly ground pepper, to taste

Whisk together all ingredients and store, refrigerated, in an airtight bottle.

Per 1 tbsp (15 ml) serving (14.2 g): 91 calories, 0 g protein, 0.8 g carbohydrate, 0 g fibre, 0.6 g sugar, 9.6 g fat, 1.3 g saturated fat, 0.1 g trans fat, 0 mg cholesterol

Thai-Ginger Balsamic Salad Dressing

3/4 cup (175 ml)	olive oil
1/4 cup (60 ml)	balsamic vinegar
1	clove garlic, minced
1 1/2 tsp (7 ml)	grated fresh ginger
2 tsp (10 ml)	sesame seed oil
2 tsp (10 ml)	freshly squeezed lime juice
2 tsp (10 ml)	sesame seeds
1 tsp (5 ml)	Dijon-style mustard
	salt and freshly ground pepper, to taste
dash	cayenne pepper

In small skillet, over medium heat, toast sesame seeds until golden. Cool seeds to room temperature. Whisk together all ingredients and store, refrigerated, in an airtight bottle.

Per 1 tbsp (15 ml) serving (15.5 g): 95.5 calories, 0.1 g protein, 0.9 g carbohydrate, 0.1 g fibre, 0.6 g sugar, 10.3 g fat, 1.4 g saturated fat, 0 g trans fat, 0 mg cholesterol

Each makes 1 cup (250 ml)



Dijon-style Potato Soup with Spinach

3	medium potatoes, diced
3 cups (750 ml)	chicken broth
2	bay leaves
2	cloves garlic, chopped
6	sundried tomato halves, re-hydrated, finely chopped
1 package (300 g)	frozen chopped spinach, thawed
2 tbsp (25 ml)	Dijon-style mustard
1 cup (250 ml)	grated medium gouda cheese
1/2 cup (125 ml)	buttermilk
	salt and freshly ground pepper, to taste

In a stockpot, bring potatoes, chicken broth, bay leaves and garlic to a boil. Cover and reduce heat to simmer. Continue simmering 15 to 20 minutes, until potatoes are tender. Remove from heat and remove bay leaves. Mash potatoes, while still in liquid, until few lumps remain. Add sundried tomato and spinach and return to heat. Simmer 5 minutes. Stir in mustard and cheese until melted. Add buttermilk, but do not allow the soup to boil. Season with salt and pepper to taste and serve.

Serves 6 people

Per serving (303.6 g): 183.8 calories, 12.1 g protein, 18.8 g carbohydrate, 3.1 g fibre, 1.8 g sugar, 7.1 g fat, 4.1 g saturated fat, 0 g trans fat, 25.0 mg cholesterol



Wine pairing suggestion

Wheat beer or a full-bodied new world **Chardonnay** would complement the main ingredient of this soup. The mild nutty flavor of the gouda will be enhanced by a fruity **Chardonnay** from a warmer region.

Trio Mustard Tenderloin & Creamy Gravy

2 lbs (1 kg)	pork tenderloin
2 tbsp (25 ml)	Dijon-style mustard
1 tbsp (15 ml)	all purpose flour
1 tbsp (15 ml)	brown sugar
2 tsp (10 ml)	cracked black pepper
1 tsp (5 ml)	dry mustard powder
1 tsp (5 ml)	whole mustard seed
1 tsp (5 ml)	chopped fresh rosemary
1/2 tsp (2 ml)	coarse salt
3	apples, cored and each cut into 6 wedges, lightly sprinkled with sugar and cinnamon
2 tbsp (25 ml)	butter
2 tbsp (25 ml)	all purpose flour
3/4 cup (175 ml)	chicken broth
1/2 cup (125 ml)	apple juice
1/4 cup (60 ml)	10% cream
1 tbsp (15 ml)	Dijon-style mustard

Preheat oven to 475° F (240° C). Place tenderloin in roasting pan. In a small bowl, combine Dijon-style mustard, 1 tbsp flour, brown sugar, pepper, dry mustard, mustard seed, rosemary and salt. Mix well to form a paste and spread evenly over tenderloin. Roast (uncovered) for 10 minutes. Add prepared apples. Reduce heat to 325° F (160° C) and continue to roast for 30 minutes or until internal temperature reaches 170° F (80° C). Remove meat and apples, tent with foil, and let rest 10 minutes. Meanwhile, place roasting pan over medium heat on cooktop, and add butter. Once butter is melted, stir in remaining flour until blended. Add chicken broth and apple juice, whisking until smooth. Add cream and mustard, stir until bubbling and thickened. Slice meat, serve with apples and gravy.

Serves 6 people

Per serving (318.4 g): 349.2 calories, 41.7 g protein, 23.6 g carbohydrate, 2.0 g fibre, 15.9 g sugar, 9.1 g fat, 4.1 g saturated fat, 0 g trans fat, 109.5 mg cholesterol

MAKE IT A MEAL

Serve with Russian-Style Sweet Potatoes (p. 11) and freshly steamed and lightly seasoned vegetables in season.



Wine pairing suggestion

The brown sugar, cinnamon and apple juice in this dish call for a slightly sweet or even medium sweet **Riesling**. Of course, hard **Cider** would also be a natural.



Dijon-Vinaigrette Shrimp Cocktail

24	medium shrimp, cooked, tail on
1/2 cup (125 ml)	canola or olive oil
1/4 cup (60 ml)	white balsamic vinegar or white wine vinegar
1/4 cup (60 ml)	finely chopped shallot
2 tbsp (25 ml)	Dijon-style mustard
2 tbsp (25 ml)	chopped parsley
1/4 tsp (1 ml)	sea salt
	freshly ground pepper, to taste
1	avocado, peeled, diced
12	cherry tomatoes, halved
4	small lemon wedges, for garnish

In a bowl, mix together oil, vinegar, shallot, mustard, parsley, salt and pepper. Add shrimp and toss to coat. Cover and refrigerate 30 minutes, or up to 24 hours. When ready to serve, divide avocado and tomatoes among 4 cocktail glasses or small serving bowls. Top with 6 shrimp each and 2 tbsp (25 ml) vinaigrette each. Garnish with lemon wedges.

SWITCH IT UP

Are garden cucumbers in season? Instead of tomatoes substitute 1/4 cup (60 ml) diced (seeded or not, it's up to you) cucumber per person.

Serves 4 people

Per serving (192.4 g): 390.3 calories, 8.6 g protein, 8.5 g carbohydrate, 3.3 g fibre, 1.6 g sugar, 37.0 g fat, 3.4 g saturated fat, 0 g trans fat, 64.4 mg cholesterol



Wine pairing suggestion

Let's be glamorous and order champagne! Some claim that champagne can be paired with any and every food. **Spanish Cava (brut)** or **Italian Prosecco (brut)** are sparkling wines to be enjoyed on their own as an aperitif or with hors d'oeuvres...at a lower cost than authentic champagne.

Did you know that champagne is a white wine made predominantly from red grapes (Pinot Noir)?

Maple Mustard Cocktail Sausages

1 lb (500 g)	fresh pork or smoked cocktail sausages (approximately 36)
1/3 cup (75 ml)	prepared mustard
1/3 cup (75 ml)	maple syrup
1	clove garlic, minced

Preheat oven to 350° F (180° C). In a non-stick fry pan, cook sausages over medium heat until browned on all sides. Transfer sausages to ovenproof casserole dish. Mix syrup, mustard and garlic and pour over the sausages. Mix well. Bake uncovered 20 to 25 minutes or until bubbling and browned on edges.

Serves 12 people (3 per person)

Per serving (74.6 g): 211.7 calories, 6.5 g protein, 11.3 g carbohydrate, 0.3 g fibre, 0.1 g sugar, 15.8 g fat, 5.6 g saturated fat, 0 g trans fat, 35.9 mg cholesterol

Coleslaw Dijon

6 oz (180 g)	colourful coleslaw mix
4 tbsp (60 ml)	mayonnaise
2 tbsp (25 ml)	Dijon-style mustard
1/4	red pepper, thinly sliced
1/4	green pepper, thinly sliced
1	shallot, thinly sliced
2 tsp (10 ml)	grated fresh ginger
3 tbsp (45 ml)	fresh lemon juice
3 tbsp (45 ml)	fresh lime juice
1/2 tsp (2 ml)	sesame oil

Combine ingredients; keep chilled in the fridge until ready to serve.

Serves 4 people

Per serving (146.0 g): 256.9 calories, 1.5 g protein, 11.3 g carbohydrate, 1.4 g fibre, 2.5 g sugar, 23.2 g fat, 2.2 g saturated fat, 0.9 g trans fat, 16.5 mg cholesterol

Mustard & Black Pepper Pretzels

1	egg white
1/4 cup (60 ml)	honey Dijon mustard
2 cups (500 ml)	small twisted pretzels
	freshly ground pepper, to taste
	coarse sea salt, to taste

Preheat oven to 275° F (140° C). Spray a 15 inch x 12 inch (38 cm x 30 cm) baking sheet with non-stick cooking spray. In a medium bowl, beat egg white until stiff peaks form. Fold in mustard. Toss in pretzels, mixing until well coated. Place pretzels on a baking sheet ensuring the pretzels are separated. Grind fresh pepper over top and add sea salt. Bake 10 minutes. While on the cooking sheet, mix the pretzels and bake for another 10 minutes. Mix again. Bake for another 8-10 minutes until the coating is just dry to the touch. Remove and let cool and dry further while on the baking sheet. Store in airtight container.

Serving size: makes approximately 60 in total Serves 6; 10 pretzels each

Per serving (31.0 g): 77.0 calories, 2.6 g protein, 16.8 g carbohydrate, 0.8 g fibre, 3.4 g sugar, 0.7 g fat, 0.1 g saturated fat, 0 g trans fat, 0.3 mg cholesterol

Savory Tuna Cups

1 can (170 g)	water packed tuna, drained
2	eggs, hard boiled, peeled and mashed
1/4 cup (60 ml)	finely chopped dill pickle
1	medium carrot, grated
1	green onion, thinly sliced
1/4 cup (60 ml)	mayonnaise
1 tbsp (15 ml)	prepared mustard
1/2 cup (125 ml)	grated medium cheddar cheese
8 slices	whole wheat bread, crusts removed
	salt and freshly ground pepper, to taste



Preheat oven to 350° F (180° C). In a bowl, mix together tuna, mashed boiled egg, dill pickle, carrot, green onion, mayonnaise, mustard, salt and pepper. Fold in cheddar cheese. Spray 8 muffin tin cups with a non-stick cooking spray and line each cup with bread slice, pressing gently in place with fingers. Divide tuna mixture evenly among cups (approximately 1/4 cup or 60 ml in each). Bake 20 minutes or until bread is lightly browned and cups hold their shape well. Remove cups to cooling rack and cool 5 minutes before serving.

Serves 4 people

Per serving (180.4 g): 388.4 calories, 22.8 g protein, 29.1 g carbohydrate, 4.5 g fibre, 4.0 g sugar, 20.7 g fat, 5.7 g saturated fat, 0.4 g trans fat, 148.1 mg cholesterol



Wine pairing suggestion

A **Lager** or **Pilsner** will turn this light meal into truly grown-up fare. For a French flare, a **Semillon-Sauvignon Blanc** blend would provide the proper balance to complement this dish.



Rueben Strata

8 cups (2 L)	cubed pumpernickel bread, 1 inch (3 cm) cubes
1/4 cup (60 ml)	prepared mustard
1/4 cup (60 ml)	melted butter or margarine
3/4 lb (350 g)	sliced corned beef
1 can (14 oz or 398 ml)	sauerkraut, drained
1 1/2 cups (375 ml)	grated Swiss cheese
6	eggs
1 cup (250 ml)	2% milk
2 tbsp (25 ml)	minced onion
1 tsp (5 ml)	dry mustard powder
1/2 tsp (2 ml)	salt
1/4 tsp (1 ml)	freshly ground pepper
1/8 tsp (.5 ml)	granulated garlic

Spray a 9 inch x 13 inch x 2 inch (22 cm x 34 cm x 5 cm) baking dish with non-stick cooking spray. Layer half of the bread cubes on bottom of baking dish. Mix mustard with melted butter; drizzle half over bread cubes. Top with layers of corned beef, sauerkraut and cheese. Top with remaining bread cubes; drizzle remaining half of mustard mixture over all. In a bowl, whisk together eggs, milk, onion, dry mustard, salt, pepper and garlic. Slowly pour over strata, let sit at room temperature 30 minutes, or up to 12 hours covered in refrigerator. Preheat oven to 325° F (160° C) and bake strata 50 minutes or until a knife, inserted, comes out clean.

SWITCH UP YOUR MORNING

Wake up to mustard with this Rueben Strata for brunch!

Serves 8 people

Per serving (210 g): 341.9 calories, 22.2 g protein, 21.5 g carbohydrate, 3.2 g fibre, 0.9 g sugar, 18 g fat, 8.7 g saturated fat, 0 g trans fat, 174.5 mg cholesterol



Braised & Whole Grain Mustard
Glazed Short Ribs, Page 40

Enjoy the delightful pop and crunch of whole mustard seed in these contemporary recipes! Mustard is not only full of flavour and healthy compounds, it's a pretty seed — symmetrical and richly coloured—adding textural and visual interest to our food.



Mustard Pecan Chicken

4	chicken breasts, skin removed, 5 oz (150 g) each
1 cup	pecans, chopped fine
1/2 cup (125 ml)	fresh bread crumbs
1/2 tsp (2 ml)	dried basil
1/4 tsp (1 ml)	dried thyme
1/4 tsp (1 ml)	kosher salt
1/4 tsp (1 ml)	freshly ground black pepper
2	eggs (large)
1 tbsp (15 ml)	whole mustard seed
2 tbsp (25 ml)	water
1 cup (250 ml)	all purpose flour
3 tbsp (45 ml)	canola oil

Preheat oven to 350° F (180° C). In one bowl, combine first 6 ingredients, set aside. In another bowl whisk together eggs, mustard and water, set aside. In a third bowl measure out flour, set aside. Coat each chicken breast in flour mixture, then dip into egg mix, then into pecan mixture, pressing gently to cover thoroughly.

Preheat canola oil in a fry pan until hot, then sear chicken breasts on both sides until they are a light golden brown. Transfer to a baking sheet and bake for approximately 20 minutes, or until fully cooked (juices run clear). Drizzle Dijon Tomato Rosé Sauce (recipe below) over each plated portion.

Serves 4 people

Per serving (268.4 g): 655.4 calories, 44.2 g protein, 34.8 g carbohydrate, 4.6 g fibre, 2.2 g sugar, 38.2 g fat, 4.1 g saturated fat, 0 g trans fat, 178.6 mg cholesterol

Dijon Tomato Rosé Sauce

3 oz (90 g)	bacon, roughly chopped
2 tbsp (25 ml)	diced yellow onion
1 tsp (5 ml)	minced garlic
1 cup (250 ml)	canned diced tomatoes
2 tbsp (15 ml)	white wine
1/4 tsp (1 ml)	dried thyme
1 cup (250 ml)	35% cream
2 tbsp (25 ml)	Dijon-style mustard
	salt and freshly ground pepper, to taste

Sauté bacon over medium heat for a couple of minutes. Add onions and garlic, cook for a few more minutes, until slightly softened. Add white wine then tomatoes, thyme, cream, mustard. Continue to sauté until liquids have been reduced and sauce reaches desired consistency. Season to taste with salt and freshly ground pepper. Serves 4 people.

Per serving (168 g): 334.5 calories, 4.3 g protein, 7.4 g carbohydrate, 1.2 g fibre, 4.3 g sugar, 32.1 g fat, 19.5 g saturated fat, 0 g trans fat, 95.8 mg cholesterol

MAKE IT A MEAL

Serve with Mustard Fontina Mashed Potatoes (p. 33) and baby carrots seasoned with Russian mustard, butter, salt and pepper.



Wine pairing suggestion

Sangiovese, a basic blend of **Chianti**, is fruity with moderate to high acidity that will stand up to the acidity of tomato sauce, yet is light enough to pair with white meat.

Bombay Potatoes

2	medium potatoes, peeled and cubed, about 1 1/2 cups (375 ml)
1/2	small head, cauliflower, cut into bite sized florets
2 tbsp (25 ml)	canola oil
2 tbsp (25 ml)	whole Brown mustard seed
1	onion, chopped
2	cloves garlic, chopped
1	ripe tomato, diced
1 to 2 tbsp (15 to 25 ml)	mild curry paste
1/2 tsp (2 ml)	salt
2 cups (500 ml)	firmly packed fresh spinach, stems removed

Parboil potato and cauliflower together in slightly salted water for 10 minutes. Reserve 1/3 cup (75 ml) of the cooking liquid. Drain vegetables and set aside. Over medium-high heat, heat oil in skillet and add mustard seed. When seeds start to pop, add onion and garlic, and cook until onion starts to brown. Stir in tomato and cook 2 minutes longer. Add curry paste and salt, reduce heat to medium-low, and cook 2 minutes. Add potatoes, cauliflower, spinach and reserved cooking liquid. Stir well. Cover and simmer 12 minutes or until potato is tender.

Serves 4 people

Per serving (195.1 g): 153.3 calories, 4.5 g protein, 19 g carbohydrate, 3.9 g fibre, 3 g sugar, 7.6 g fat, .6 g saturated fat, 0 g trans fat, 0 mg cholesterol

Mustard Butter

As a spread on bread, melted into veggies or potatoes, or added to fish or meat...this butter is mustard flavour at its richest.

1 cup (250 ml)	butter, room temperature
2 tbsp (25 ml)	prepared mustard
1 tbsp (15 ml)	creamed honey
1 tbsp (15 ml)	chopped dill
1 tsp (5 ml)	whole mustard seed
1 tsp (5 ml)	grated lemon rind
1	clove garlic, minced

In a bowl, mash butter with a fork. Add remaining ingredients and mix well. Spoon onto a sheet of waxed paper and form into a 7 inch (17 cm) log. Wrap well in waxed paper and refrigerate or freeze until ready to use. As a suggestion for use, soften slightly before slicing off 1/4 inch (6 mm) rounds of mustard butter and place on top of fish or seafood when barbecuing or baking. Just before serving, place another pat on top of each serving and let the heat from the cooked fish melt the butter.

Makes 28–1/4 inch (6 mm) slices. Recommended serving size 2 tsp (10 ml).

Per slice (10.1 g): 67.2 calories, 0.1 g protein, 0.7 g carbohydrate, 0 g fibre, 0.6 g sugar, 7.3 g fat, 4.6 g saturated fat, 0 g trans fat, 19.2 mg cholesterol



Freezer Cabbage Slaw

1	medium cabbage, finely chopped, 14 to 16 cups (3.5 to 4 L)
1	medium onion, finely chopped
1	large red pepper, finely chopped
2	large carrots, shredded
3	cloves garlic, finely chopped
1 tbsp (15 ml)	pickling salt
3/4 cup (175 ml)	granulated sugar
1 tbsp (15 ml)	whole Yellow mustard seed
2 tsp (10 ml)	dry mustard powder
1 tsp (5 ml)	turmeric
1/2 tsp (2 ml)	celery seed
2 cups (500 ml)	vinegar

In a large mixing bowl, combine cabbage, onion, red pepper, carrot, garlic and salt. Mix well, then let stand 2 hours. Drain well. Prepare brine by mixing together sugar, whole and dry mustard, turmeric and celery seed. Stir in vinegar and mix until sugar is dissolved. Pour over cabbage mixture and mix well.

Pack into freezer containers leaving 1 inch (2.5 cm) space under lids. Freeze. Defrost in refrigerator at least 8 hours and then enjoy. (May need to increase the amount of all vegetables if using a food processor, where the resulting texture may be much finer than if chopped by hand.)

Makes 12 cups (3 L); 2 tbsp (25 ml) per person. Serves 125 people.

Per serving (51.3 g): 26.5 calories, 0.5 g protein, 6.2 g carbohydrate, 0.9 g fibre, 5 g sugar, 0.2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol

Pork Tenderloin with Swiss Chard, Roasted Potatoes & Creamy Mustard Sauce

2	pork tenderloin sections weighing, 1/3 lb (150 g) each each, trimmed of fat
12 - 18	baby yellow-fleshed potatoes
1	bunch Swiss chard, or beet greens, thinly sliced into ribbons
1/2	medium onion, sliced
1	clove garlic
1/2	bay leaf
3/4 cup (175 ml)	apple juice
1 tsp (5 ml)	apple cider vinegar
1 cup (250 ml)	35% cream
5 tsp (25 ml)	canola oil
2 tsp (10 ml)	butter
2 tbsp (25 ml)	whole grain mustard
	salt and freshly ground pepper, to taste

Preheat oven to 425° F (210° C). Wash and cut potatoes in half. Toss potatoes with 1 tbsp (15 ml) of oil, salt and pepper. Place in a roasting pan and cook in the oven for about 45 to 60 minutes.

While the potatoes are cooking, prepare the sauce and pork. Melt butter in a small sauce pan and add onions. Cook onions over medium heat until they begin to brown. Add whole clove of garlic and bay leaf. Continue to cook for 3 minutes. Add apple juice and bring to a simmer. Reduce apple juice by three-fourths. Add cream and bring to a light boil. Reduce heat and simmer for 10 minutes. Remove sauce from heat and discard bay leaf. Blend the sauce with vinegar and mustard. Adjust seasoning with salt and pepper.

Heat the remaining oil in a fry pan over medium heat. Season pork with salt and pepper. Add pork to the hot pan (watch out for splattering) and gently sear on all sides. Place the fry pan in the oven, or if you do not have an oven safe fry pan, transfer pork to another roasting pan. Cook the pork for another 8 to 12 minutes or until internal temperature reaches 160° F (71° C) using a meat thermometer (this is the temperature for medium; cook longer for well done). Once pork is cooked to your liking, remove from pan and let it rest for 1 to 2 minutes before cutting. While the pork rests, using the same fry pan, over medium heat, add the Swiss chard and a splash of water and cover to wilt the greens for a minute.

To plate, place potato halves around the rim of a round plate. Place the wilted chard in the middle of the plate. Slice pork and place on chard. Finish with sauce.

Serves 2 people

Per serving (902.4 g): 1134.6 calories, 49.3 g protein, 93.9 g carbohydrate, 8.3 g fibre, 16.4 g sugar, 63.8 g fat, 32.1 g saturated fat, 0 g trans fat, 260.2 mg cholesterol



Wine pairing suggestion

An unoaked **Chardonnay** showing green apple aromas and tasting notes would enhance the fruit flavour of this dish. **Pinot Noir** is fruity and refreshing if you prefer red wine.

Stone Ground Mustard Cheese Fondue

4 cups (1 L)	Emmental cheese, cubed
3 cups (750 ml)	Gruyère cheese, cubed
2 cups (500 ml)	dry white wine
2 tbsp (25 ml)	cornstarch
2 tbsp (25 ml)	cold water
1	clove garlic, minced
2	pinches nutmeg
4 tbsp (60 ml)	whole mustard seed, ground coarsely
48 oz (1440 g)	rustic bread, cut into 1 inch (3 cm) cubes
	salt and freshly ground pepper, to taste



In a medium saucepan, over medium heat, bring the white wine to a simmer. Add the cheeses and stir until cheese is melted and smooth. (At first the cheese and wine will look like it won't blend, but keep stirring. As the cheese melts it will become more fluid.) Combine cornstarch and water then stir into cheese mixture. Continue to cook, stirring frequently, to a very slight bubble, but do not boil. Add garlic, nutmeg and mustard, salt and pepper to taste. Stir more vigorously to combine. Serve in fondue pot, keeping warm at low heat.

Serves 6 people

Try side dishes such as cured meats, olives, or fresh peppers to contrast the richness of the cheese.

Per serving (466 g): 1239.1 calories, 71.5 g protein, 110.7 g carbohydrate, 18.5 g fibre, 16.4 g sugar, 50.4 g fat, 25.9 g saturated fat, 0 g trans fat, 130.2 mg cholesterol



Wine pairing suggestion

Chardonnay is an obvious choice in this case, a popular and versatile grape grown in many countries. Old world **Chardonnay** is crisp and lively showing citric fruit aromas. Stone fruit or tropical fruit aromas are more typical of new world **Chardonnay**. The choice is yours! To ensure consistency use the same wine in the preparation of the fondue.



Mustard Shake & Bake

8	chicken drumsticks, skinned, 2 lbs (900 g)
1/4 cup (60 ml)	whole grain mustard
2/3 cup (150 ml)	plain dried bread crumbs
1 tsp (5 ml)	dried herbs such as tarragon, thyme or oregano
	dash onion powder
1/2 tsp (2 ml)	salt
1/4 tsp (1 ml)	pepper

Preheat oven to 450° F (230° C). Prepare a large baking sheet by spraying with non-stick cooking spray. Lightly brush drumsticks with mustard. Mix all dry ingredients in a zip-lock bag. Add drumsticks; close the bag and shake well ensuring drumsticks are well coated. Place coated drumsticks on baking sheet and bake for 35 to 40 minutes until cooked through (juices run clear).

Serves 4 people

Per serving (2 drumsticks): 195 calories, 27 g protein, 8 g carbohydrate, 1 g fibre, 0 g sugar, 5 g fat, 1 g saturated fat, 0 g trans fat, 99 mg cholesterol




Wine pairing suggestion

A very realistic wine pairing for this dish would be a **Dry Rosé**! Don't be afraid of pink wine as Spanish, Italian and Provence rosés offer both dryness and light tannins.

The production method of rosé wines is interesting; the skin, pulp and juice of red grapes are steeped at a cool temperature. After a short time, the white juice gets a pink tinge from the red skins; the juice is then drained off and placed into a separate vessel to ferment to dryness.

Simply Good Sausage



12 lbs (about 5 kg)	lean ground beef
12 lbs (about 5 kg)	lean ground pork
4 cups (1 L)	cold water
2 cups (500 ml)	quick cooking oatmeal
2/3 cup (150 ml)	packed brown sugar
2/3 cup (150 ml)	Mortons curing salt
1 1/4 cups (300 ml)	Yellow mustard seed
1/3 cup (75 ml)	coarse black pepper
1/3 cup (75 ml)	dried marjoram
1/4 cup (60 ml)	onion powder
26 yards (24 m)	fresh casing

In a large container, hand mix beef and pork. In a blender, combine water, oatmeal, brown sugar, curing salt, 1/2 cup (120 ml) mustard seed, pepper, marjoram and onion powder. Blend for 10-20 seconds until all ingredients are well combined. Then add remaining mustard seed. Pour mixture over meat and mix thoroughly. Follow sausage stuffing machine directions.

This sausage is best pan fried or barbequed and is excellent served hot or cold. Fresh uncooked sausage will keep up to 2 days in the refrigerator. This sausage also freezes very well.

Serving size: 4 inches or 10 cm

Per serving (75 g): 165.4 calories, 12.3 g protein, 2.1 g carbohydrate, 0.3 g fibre, 0.8 g sugar, 11.7 g fat, 4.3 g saturated fat, 0.1 g trans fat, 42.6 mg cholesterol

Mustard Fontina Mashed Potatoes

4	russet potatoes, peeled and cut into quarters
1/4 cup (60 ml)	butter
1/4 cup (60 ml)	35% cream
3/4 cup (90 g)	grated Fontina cheese
1 tbsp (15 ml)	whole mustard seed
	salt and freshly ground pepper, to taste

Boil potatoes until fork tender. Remove from heat and strain. Mix with cream, butter, Fontina and mustard. Mix until thoroughly mashed. Season to taste with salt and freshly ground pepper.

Serves 4 people

Per serving (295.6 g): 447.7 calories, 11.8 g protein, 44.8 g carbohydrate, 4 g fibre, 0.4 g sugar, 25.6 g fat, 15.5 g saturated fat, 0 g trans fat, 78.4 mg cholesterol

Stone Ground Mustard & Yogurt Glazed Lamb Chops

2 lbs (about 900 g)	lamb loin chops
	kosher salt and freshly ground pepper, to taste
2 tbsp (25 ml)	canola oil
3 tbsp (45 ml)	plain yogurt
1 tbsp (15 ml)	mayonnaise
1 tbsp (15 ml)	egg white
1/2	shallot, minced
2 tsp (10 ml)	stone ground mustard
2 tsp (10 ml)	finely chopped fresh mint

Preheat broiler to 400° F (200° C). Trim off any excess fat from lamb chops and season with salt and pepper. Preheat oil in fry pan on medium heat until it is smoking slightly. Sear both sides of meat until brown in colour. Transfer to a baking sheet.

Mix together yogurt, mayonnaise, egg white, shallot, mustard and mint. Spread on seared lamb chops. Bake on middle or lower rack of oven until cooked to your desire. Drizzle with Dijon Spinach Cream Sauce (recipe below) over each plated serving.

Serves 4 people

Per serving (268.8 g): 438.1 calories, 50.9 g protein, 1.2 g carbohydrate, 0.1 g fibre, 0.1 g sugar, 24.1 g fat, 5.9 g saturated fat, 0.1 g trans fat, 160 mg cholesterol

Dijon Spinach Cream Sauce

1 tbsp (15 ml)	butter
1	shallot, diced
1	clove garlic, minced
1 cup (250 ml)	35% cream
3 tbsp (45 ml)	red wine
1/2 tsp (2 ml)	garam masala
1 1/2 oz (45 g)	spinach
4 tsp (20 ml)	Dijon-style mustard
	salt and freshly ground pepper, to taste

Melt butter in a fry pan on medium heat. Add shallot and garlic, and sauté for a few minutes. Add cream, red wine, garam masala and bring to a boil for a couple minutes. Add spinach and cook until the spinach is wilted. Pureé in a food processor or blender. Add back to the pan and add the mustard. Season to taste with salt and pepper. Serves 4 people.

Per serving (104.6 g): 257.1 calories, 1.9 g protein, 5.6 g carbohydrate, 0.5 g fibre, 2 g sugar, 25 g fat, 15.6 g saturated fat, 0 g trans fat, 88.4 mg cholesterol

MAKE IT A MEAL

Serve with mashed potatoes seasoned with sweet mustard and fresh asparagus spears flash boiled and tossed with butter, salt and pepper.



Wine pairing suggestion

Let's begin with the obvious—**beer**—which makes an excellent pairing with East Indian flavours. However for the wine lover, the task to find the right "match" is more challenging. With lamb, a bias would be towards a fragrant red wine with mellow red fruit flavour and soft tannins...perhaps a **Cabernet Franc**, **Grenache** or cool climate **Syrah**. Although **Syrah** and **Shiraz** are both the same grape, the wines they produce are quite different. Australian **Shiraz** is generally much sweeter and riper than its French **Syrah** counterpart, which tends to taste more of spice and pepper.

Butternut Squash Soup with Brown Mustard Seeds & Braised Brussels Sprouts

2	medium onions, sliced
2 tbsp (25 ml)	butter
2 tsp (10 ml)	canola oil
4	cloves garlic, chopped
1	bay leaf
2 tbsp (25 ml)	brown sugar
6 cups (1.5 L)	vegetable or chicken stock
1	medium butternut squash (or other orange fleshed squash such as buttercup or acorn)
2 1/2 tbsp (35 ml)	Brown mustard seed
	salt and freshly ground pepper, to taste
12	fresh Brussels sprouts, bottoms trimmed and halved
2 tsp (10 ml)	butter



Preheat oven to 375° F (190° C). Cut squash in half lengthwise. Scoop out seeds using a spoon. Rub inside of squash with 2 tsp (10 ml) of canola oil. Place each half, flesh-side down, on a baking pan, and bake until the outside of the squash is soft to the touch (45 to 60 minutes). Remove from oven and allow the squash to cool. Scoop out the flesh of the squash and set aside.

Melt 1 tbsp (15 ml) butter in a medium sized stockpot. Add onions and bay leaf and cook over medium heat until onions begin to brown. Add brown sugar and garlic and continue to cook for 3 minutes. Add stock and cooked squash flesh. Bring to a boil, then lower heat and simmer for 10 minutes. Remove soup from heat and blend using a hand blender, being cautious of hot splatters. Return soup to the stove and add mustard seed. Continue to simmer for another 10 to 15 minutes. While soup continues to simmer, melt remaining butter in a sauté pan. When butter begins to brown add Brussels sprouts and sauté over medium heat until they brown. Add 1/4 cup (60 ml) of water to pan and cover with lid. Cook until sprouts are soft, but firm to the tooth or al dente. Season soup with salt and pepper, top with Brussels sprouts and serve.

Serves 6 people

Per serving (467.7 g): 256 calories, 9.9 g protein, 35.4 g carbohydrate, 4.1 g fibre, 10.2 g sugar, 9.7 g fat, 3.8 g saturated fat, 0 g trans fat, 19.4 mg cholesterol



Wine pairing suggestion

The herbaceous quality of **Sauvignon Blanc** or the fruitiness of **Pinot Noir** would complement the earthy Brussels sprouts flavour in this soup.

Honey Mustard Dill Dressing



1 cup (250 ml)	canola oil
1/3 cup (75 ml)	creamed honey
1/4 cup (60 ml)	tarragon vinegar
1/4 cup (60 ml)	whole grain Dijon-style mustard
2 tbsp (25 ml)	creamy Dijon-style mustard
2 tbsp (25 ml)	chopped dill
2 tsp (10 ml)	capers
1	clove garlic, minced

Place all ingredients in a blender and process on "high" for 10 seconds. Store in an airtight container in refrigerator for up to one month.

Makes 2 cups (500 ml)

Per 1 tbsp (15 ml) serving (14.3 g): 73.3 calories, 0 g protein, 3.1 g carbohydrate, 0 g fibre, 2.6 g sugar, 6.9 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol

Homemade Whole Grain Mustard

1/4 cup (60 ml)	Yellow mustard seed
1/4 cup (60 ml)	Brown mustard seed
1/2 cup (125 ml)	rice vinegar
1/4 cup (60 ml)	grapeseed oil
1/2 cup (125 ml)	Chardonnay wine
1/2 tsp (2 ml)	turmeric
	juice of 2 lemons
2 tbsp (25 ml)	brown sugar
1/4 tsp (1 ml)	freshly ground black pepper
1 tsp (5 ml)	kosher salt

Grind Yellow mustard seeds in a spice mill then combine all ingredients into a food processor and blend for 2 minutes. Store in refrigerator.

Makes approximately 1 1/2 cups (375 ml)

Per 1 tbsp (15 ml) serving (20.5 g): 41.2 calories, 0.9 g protein, 2.6 g carbohydrate, 0.6 g fibre, 1 g sugar, 2.9 g fat, 0.2 g saturated fat, 0 g trans fat, 0 mg cholesterol



Seed Bread

1	large egg
1 cup (250 ml)	1% buttermilk
1/4 cup (60 ml)	canola oil
2 tbsp (25 ml)	prepared mustard
1 cup (250 ml)	all purpose flour
1 cup (250 ml)	whole wheat flour
1/2 cup (125 ml)	brown sugar
1/3 cup (75 ml)	finely chopped nuts (your favourite)
1	large carrot, grated
3 tbsp (45 ml)	whole mustard seed
2 tbsp (25 ml)	whole flax seed
2 tbsp (25 ml)	sunflower seed
2 tbsp (25 ml)	poppy seed
1 tsp (5 ml)	baking powder
1 tsp (5 ml)	baking soda
1/2 tsp (2 ml)	salt

Preheat oven to 350° F (180° C). In a large mixing bowl, combine egg, buttermilk, oil and mustard and mix well. In another bowl, mix all remaining ingredients. Add dry ingredients to wet, mixing until moistened. Spray a 9 inch x 5 inch (23 cm x 13 cm) loaf pan with non-stick cooking spray. Turn mixture into loaf pan and bake 50 to 60 minutes or until a toothpick inserted in centre comes out clean. Cool 10 minutes before removing from pan. Cool slightly on rack then slice into 16 slices. This is nicest served warm, but it is also very nice toasted.

Serves 16 people

Per serving (58.7 g): 162.4 calories, 4.5 g protein, 22.4 g carbohydrate, 2.4 g fibre, 8.7 g sugar, 6.6 g fat, 0.6 g saturated fat, 0 g trans fat, 12.2 mg cholesterol

Mustard Marinated Scallops

16	extra-large scallops
4 to 8	slices bacon, thickly sliced
3 tbsp (45 ml)	whole mustard seed
2 tbsp (25 ml)	canola oil
	kosher salt, to taste
	freshly ground pepper, to taste
8	4 inch (10 cm) wooden skewers

Preheat oven broiler to 400° F (200 °C). In a bowl, mix scallops with whole mustard seed. Firmly stack scallops in groups of four, and tightly wrap each stack with 1 or 2 strips of bacon (depending on length). Skewer scallop bundles at an angle intersecting the middle of the scallop and the ends of the bacon. Season each bundle with kosher salt and freshly ground pepper.

Preheat oil in fry pan over medium heat. Sear the bundles until golden brown in colour. Do not cook all the way through. Transfer to oven and cook until desired doneness.

Serves 4 people

Per serving (119.5 g): 352.4 calories, 16.7 g protein, 4.3 g carbohydrate, 1.1 g fibre, 0 g sugar, 29.7 g fat, 12.2 g saturated fat, 0 g trans fat, 50 mg cholesterol

Duet of Mustard Sauce

1 tbsp (15 ml)	butter
1 cup (250 ml)	chopped button mushrooms
1	shallot, diced
1	clove garlic, minced
2 tbsp (25 ml)	white wine
1/4 tsp (1 ml)	dried thyme
1 1/2 cups (375 ml)	35% cream
1/2	medium tomato, peeled and chopped
1 tbsp (15 ml)	Dijon-style mustard
1 tbsp (15 ml)	whole mustard seed
	salt and freshly ground pepper, to taste

Melt butter in fry pan over medium heat. Add butter, mushrooms, shallot and garlic and sauté for a few minutes, until slightly softened. Add white wine and thyme, and cook until liquids are slightly reduced. Add cream, tomato and the two mustards and continue to gently sauté until sauce is reduced to desired thickness. Season to taste with salt and freshly ground pepper.

Serves 4 people

Per serving (178.3 g): 374.8 calories, 4 g protein, 8.2 g carbohydrate, 1.3 g fibre, 3.8 g sugar, 36.8 g fat, 22.5 g saturated fat, 0 g trans fat, 128.8 mg cholesterol



Wine pairing suggestion

Viognier has made a comeback in the last few years. The floral and tropical fruit notes of this varietal would balance the smokiness of the bacon and the richness of the scallops.



Spicy Italian Meatballs

1 1/2 lbs (750 g)	lean ground beef
2 1/2 cups (625 ml)	tomato or pasta sauce, divided
1/4 cup (60 ml)	dry bread crumbs
1/4 cup (60 ml)	chopped parsley
1 tbsp (15 ml)	whole mustard seed
1 tsp (5 ml)	whole fennel seed
1 tsp (5 ml)	crushed basil
1/2 tsp (2 ml)	crushed red chili flakes
1	clove garlic, minced
1/2 tsp (2 ml)	salt
1/8 tsp (.5 ml)	black pepper
2 tsp (10 ml)	olive oil

In a bowl, mix together beef, 1/4 cup (60 ml) tomato sauce, bread crumbs, parsley, mustard seed, fennel seed, basil, chili flakes, garlic, salt and pepper. Form into 18 meatballs, about the size of a small egg. Heat olive oil in a large skillet over medium-high heat. Add meatballs and cook until lightly browned on all sides, about 5 minutes. Pour in remaining tomato sauce, reduce heat, cover and simmer until meatballs are cooked through, about 15 minutes or until internal temperature of meatballs reaches 170° F (80° C).

Serves 6 people

Per serving (239.3 g): 329.9 calories, 26.9 g protein, 11.5 g carbohydrate, 2.1 g fibre, 0 g sugar, 19.6 g fat, 7.1 g saturated fat, 0.6 g trans fat, 74.8 mg cholesterol

MAKE IT A MEAL

Serve meatballs over your favourite pasta with freshly grated parmesan cheese and flash boiled vegetables in season.



Wine pairing suggestion

One of the basic rules of pairing wine and food is to “match regional food with regional wine” ...in this case, a **Chianti** or **Sangiovese**, because their acidity can stand up against the acidity of the tomato sauce.

However, the ripe fruit aroma of **Malbec** would nicely counterbalance the spiciness of the meatballs.

Braised & Whole Grain Mustard Glazed Short Ribs

4 lbs (about 2 kg)	beef short ribs
4 cups (1 L)	beef stock
1/2 cup (125 ml)	orange juice concentrate
3/4 cup (175 ml)	yellow onion, coarsely chopped
1/2 tsp (2 ml)	dry thyme
1	stalk fresh celery, coarsely chopped
1	orange, peeled and chopped
1 tsp (5 ml)	mustard seed

Preheat oven to 350° F (180° C). Pour beef stock and orange juice into a roasting pan just large enough to hold the short ribs. Add ribs to stock mixture. Sprinkle ribs with onion, celery and orange pieces, along with thyme and mustard seed. Ensure liquid just submerges the ribs, adding more beef stock or water if necessary. Cook covered, on middle oven rack, 3 hours or until tender. After 2 hours, remove 3/4 cup (175 ml) of braise liquid and replace with more beef stock or water. Set aside braise liquid for glaze.

Serves 4 people

Per serving (840.7 g): 985.6 calories, 101.6 g protein, 24 g carbohydrate, 1.1 g fibre, 6.4 g sugar, 51.6 g fat, 21.8 g saturated fat, 0 g trans fat, 295.0 mg cholesterol

Mushroom Glaze

2 tbs (25 ml)	chopped yellow onion
1 cup (250 ml)	chopped button mushrooms
2	cloves garlic, chopped
2 tbs (25 ml)	butter
1/4 cup (60 ml)	red wine
3/4 cup (175 ml)	short rib braise
5 tbs (75 ml)	orange juice concentrate
1 tsp (5 ml)	horseradish
2 tbs (25 ml)	whole grain mustard
1/4 cup (60 ml)	cold water
2 tbs (25 ml)	brown sugar
1 tbs (15 ml)	honey
2 tsp (5 ml)	cornstarch
	salt and pepper, to taste

MAKE IT A MEAL

Serve with your favourite potatoes and fresh, flash boiled, green beans. Plate with sauce of reserved mushroom mixture and glaze.

Sauté onions, mushrooms and garlic in the butter. Once the mushrooms are cooked, add red wine, braising liquid, orange juice concentrate, horseradish, mustard, honey and brown sugar. Mix cornstarch with cold water and slowly add to sauce, stirring continuously. Cook until slightly thickened then strain sauce, reserving mushroom mixture for later. Return glaze to pan and simmer until it is medium thickness, stirring frequently. Season glaze with salt and pepper to taste.

To glaze ribs, remove from roasting pan and remove bones and extra fat remaining on meat. Place ribs on a sheet pan and baste with the glaze. Broil ribs until lightly caramelized. Combine any remaining glaze with reserved mushroom mixture into a sauce to serve with side dishes.

Serves 4 people

Per serving (165.8 g): 180.8 calories, 2.8 g protein, 27.1 g carbohydrate, 1.2 g fibre, 12.6 g sugar, 6.6 g fat, 3.9 g saturated fat, 0 g trans fat, 16.1 mg cholesterol



Wine pairing suggestion

The lively acidity and fruit aromas of a new world **Pinot Noir** would balance the richness of the braised beef. If you enjoy a more robust wine, a **Malbec**, which offers rich dark fruit aromas, would also be a good choice.

Mustard, Rum & Maple Marinated Pork Tenderloin

4 - 6 oz (180 g)
3 tbsp (45 ml)
2 tbsp (25 ml)
2 tbsp (25 ml)
2 tbsp (25 ml)

portions pork tenderloin
maple syrup
dark rum
olive oil
whole grain mustard
salt and freshly ground
pepper, to taste

Combine maple syrup, rum and mustard. Spread mixture over meat portions to marinate, refrigerated, 3 hours or overnight. When ready to cook, preheat oven to 350° F (180° C). Season meat with salt and pepper. Heat olive oil in a fry pan over medium heat, then sear meat on all sides. Place pan in the oven, or if you do not have an oven-safe fry pan, transfer pork to another roasting pan. Roast (uncovered) until internal temperature reaches 160° F (72° C), 15 to 20 minutes.

Serves 4 people

Per serving (209.6 g): 341.5 calories, 43.1 g protein, 10.1 g carbohydrate, 0 g fibre, 9.5 g sugar, 11.4 g fat, 2.5 g saturated fat, 0 g trans fat, 106.2 mg cholesterol



Wine pairing suggestion

In this recipe, the tang of the mustard should balance the sweetness of the maple syrup. Try a **Pinot Noir** from the new world which offers red fruit and floral aromas and flavours and can even show hits of cinnamon.



MAKE IT A MEAL
Serve over Mustard
Black Beans (p. 13) for
an extraordinary meal!



Cucumber Fennel Slaw

1/2	cucumber, peeled, seeded and diced
1	medium fennel bulb, white part only, sliced very thinly
1 tbsp (15 ml)	chopped fennel frond
2 tbsp (25 ml)	very thinly sliced yellow onion
2 tbsp (25 ml)	finely chopped green onion
3 tbsp (45 ml)	plain yogurt
2 tbsp (25 ml)	sour cream
1 tbsp (15 ml)	mayonnaise
1 tbsp (15 ml)	white wine vinegar
	kosher salt, to taste
1 tbsp (15 ml)	freshly squeezed lime juice
1 tbsp (15 ml)	freshly squeezed lemon juice
1/8 tsp (.5 ml)	Asian chili sauce
1/2 tsp (2 ml)	whole grain Dijon-style mustard
1	medium tomato, sliced

Combine all ingredients except tomato. Season the slices with salt and pepper. Serve fennel slaw on top of tomato slices.

Serves 4 people

Per serving (223.1 g): 97.6 calories, 2.8 g protein, 11.2 g carbohydrate, 3 g fibre, 2.4 g sugar, 5.5 g fat, 1.7 g saturated fat, 0.1 g trans fat, 8.5 mg cholesterol



Enjoy this textural collection of original recipes using mustard's personality in every form.



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