

*Marvels of
MMMMMMMMMustard*

· RECIPES ·

Tantalizing Ten



Mustard Chicken

1 tbsp (15 ml)	brown mustard seeds, ground to a powder with 2 tbsp (25 ml) water
½ tsp (2 ml)	turmeric
¼ tsp (.5 ml)	black pepper
2½ lbs (1.1 kg)	chicken pieces, skinned
2 tbsp (25 ml)	vegetable oil
2 tbsp (25 ml)	fresh minced ginger
2 tbsp (25 ml)	minced garlic
1 tsp (5 ml)	seeded fresh green chilies, sliced
¼ cup (60 ml)	water
¼ lb (.1 kg)	potatoes cut in cubes (3 medium)
½ tsp (2 ml)	salt

Combine mustard paste, turmeric and black pepper in a bowl. Add chicken pieces. Toss to coat each piece well. Cover and refrigerate for one hour.

Heat oil in a deep pan over medium-low heat. Add ginger, garlic and green chilies and cook for 1 minute, stirring constantly. Add the chicken and cook until opaque, turning once. Add water and lower heat slightly. Cover and simmer 10 minutes. Stir occasionally. Add a tablespoon of water to prevent sticking.

Add potatoes. Cover. Simmer 20 to 30 minutes until both chicken and potatoes are tender. Stir occasionally. Add a tablespoon of water if the mixture sticks to the bottom. Add salt and mix well. Remove from heat. Let stand a few minutes. Serve hot.

Serves 6 people

Per serving (283 g): 289 calories, 40.5 g protein, 13.4 g carbohydrate, 1.5 g fibre, 0 g sugar, 7.2 g fat, 1.4 g saturated fat, 0 g trans fat, 122.8 mg cholesterol, 306 mg sodium



Steelhead Trout with Asian Mustard Dip

1 lb (500 g)	boneless, skinless steelhead trout
2 tbsp (25 ml)	honey
1 tbsp (15 ml)	soya sauce
1 tbsp (15 ml)	dry mustard powder
1 tbsp (15 ml)	canola oil
½ tsp (2 ml)	sesame oil
2	cloves garlic, crushed
2 tsp (10 ml)	toasted sesame seeds for garnish

Dip:

⅓ cup (75 ml)	light mayonnaise
1 tsp (5 ml)	dry mustard powder
1 tsp (5 ml)	red wine vinegar
1 tsp (5 ml)	soya sauce
	few drops sesame oil

This recipe could also serve as a meal. Prepare 1 lb (500 g) of trout by dividing equally into 3 portions. Marinate and bake until flesh flakes easily, about 10 to 12 minutes.

Preheat oven to 450° F (220° C).

Cut trout into approximately 1¼ inch (3 cm) cubes.

Combine honey, soya sauce, dry mustard, canola oil, sesame oil and garlic in a glass bowl. Mix well. Add trout and gently stir to coat. Cover and refrigerate 4 to 24 hours.

To make the dip: Whisk together in a small bowl mayonnaise, dry mustard, vinegar, soya sauce and sesame oil. Cover and refrigerate.

Line baking sheet with foil and lightly spray with non-stick cooking spray. Place trout cubes on foil. Bake 5 to 7 minutes until opaque all the way through. Do not overcook. Let rest 10 minutes.

Arrange cubes on serving plate, sprinkle with sesame seeds and serve with mustard dip.

Serves 8 people

Per serving (85 g): 169 calories, 13.9 g protein, 5.46 g carbohydrate, 0.1 g fibre, 4.3 g sugar, 10 g fat, 1.4 g saturated fat, 0 g trans fat, 39.3 mg cholesterol, 325 mg sodium

Grainy Mustard Candied Pecans

½ cup (125 ml)	pecans, whole
1 tbsp (15 ml)	honey
1 tsp (5 ml)	water
2 tsp (10 ml)	whole grain yellow mustard
pinch	cayenne pepper
pinch	kosher salt

Preheat oven to 350° F (180° C).

Combine the honey, water, cayenne, mustard and salt in a bowl. Add pecans to mustard mixture and combine thoroughly.

Place nuts on a baking sheet lined with parchment paper. Bake approximately 4 minutes, stirring occasionally until nuts are dark golden in colour and 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



Dijon-Vinaigrette Shrimp Cocktail

24	medium shrimp, cooked, tail on
½ cup (125 ml)	canola or olive oil
¼ cup (60 ml)	white balsamic vinegar or white wine vinegar
¼ cup (60 ml)	finely chopped shallots
2 tbsp (25 ml)	Dijon-style mustard
2 tbsp (25 ml)	chopped parsley
¼ tsp (1 ml)	sea salt
	freshly ground pepper, to taste
1	avocado, peeled, diced
12	cherry tomatoes, halved
4	small lemon wedges, for garnish

Mix together oil, vinegar, shallots, mustard, parsley, salt and pepper in a bowl. 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 and 2 tbsp (25 ml) vinaigrette each. Garnish with lemon wedges.

Serves 4 people

Switch it up. Are garden cucumbers in season? Instead of tomatoes substitute ¼ cup (60 ml) diced (seeded or not, it's up to you) cucumber per person.

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



Mustard Veggie Dip

1 cup (250 ml)	light mayonnaise
1 tbsp (15 ml)	garlic powder
1 tbsp (15 ml)	onion powder
1 tbsp (15 ml)	mustard flour
3 tbsp (45 ml)	lemon juice
1 tsp (5 ml)	yellow mustard seed
½ tsp (2 ml)	oriental mustard seed
½ tsp (2 ml)	brown mustard seed
3 tbsp (45 ml)	pickled banana pepper rings, drained and chopped
3 tbsp (45 ml)	slivered almonds, crushed

Completely cover mustard seeds with water and let soak for at least 1 hour. Drain water and lightly rinse seeds. Drain all excess water before use.

Mix all ingredients until well blended. Refrigerate overnight. Serve as a dip with a variety of seasonal vegetables.

Makes 1¼ cup (300 ml)

Serves 10 people

Per serving (30 g): 87 calories, 1.1 g protein, 4 g carbohydrate, 0.5 g fibre, 1 g sugar, 7.7 g fat, 1 g saturated fat, 0 g trans fat, 7 mg cholesterol, 154 mg sodium



Maple Mustard Cocktail Sausages

1 lb (500 g)	fresh pork or smoked cocktail sausages (approximately 36)
½ cup (75 ml)	mild or medium prepared mustard
½ cup (75 ml)	maple syrup
1	clove garlic, minced

Preheat oven to 350° F (180° C).

Cook sausages in a non-stick fry pan 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



Rueben Strata

8 cups (2 L)	pumpnickel bread, cut into 1 inch (3 cm) cubes
¼ cup (60 ml)	mild or medium prepared mustard
¼ cup (60 ml)	melted butter or margarine
¾ lb (350 g)	sliced corned beef
1 can (14 oz or 398 ml)	sauerkraut, drained
1½ 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
½ tsp (2 ml)	salt
¼ tsp (1 ml)	freshly ground pepper
⅛ tsp (.5 ml)	granulated garlic

Switch up your morning.

*Wake up to mustard
with this Rueben Strata
for brunch!*

Preheat oven to 325° F (160° C)

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.

Whisk eggs, milk, onion, dry mustard, salt, pepper and garlic together in a bowl. Slowly pour over strata. Let sit at room temperature 30 minutes or up to 12 hours covered in refrigerator. Bake strata 50 minutes or until a knife, inserted, comes out clean.

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



Mustard Fruit Dip

1 cup (250 ml)	fat free sour cream
1½ tbsp (20 ml)	yellow mustard seed
2 tsp (10 ml)	oriental mustard seed
½ tsp (2 ml)	brown mustard seed
2 tbsp (25 ml)	dried cranberries, chopped
¼ cup (60 ml)	unsweetened coconut, medium shreds

Completely cover mustard seeds with water and let soak for at least 1 hour. Drain water and lightly rinse seeds. Drain all excess water before use.

Mix all ingredients until well blended. Refrigerate overnight.

Serve as a dip with a variety of seasonal fruit.

Makes 1¼ cup (300 ml)

Serves 10 people

Per serving (30 g): 53 calories, 1.8 g protein, 6.2 g carbohydrate, 0.7 g fibre, 3 g sugar, 2.4 g fat, 1.4 g saturated fat, 0 g trans fat, 2.2 mg cholesterol, 18.3 mg sodium



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 of your choice
1 tbsp (15 ml)	creamed honey
1 tbsp (15 ml)	chopped dill
1 tsp (5 ml)	whole yellow mustard seed
1 tsp (5 ml)	grated lemon rind
1	clove garlic, minced

Mash butter with a fork in a bowl. 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 $\frac{1}{4}$ 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 – $\frac{1}{4}$ 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



Spicy Italian Meatballs

1½ lbs (750 g)	lean ground beef
2½ cups (625 ml)	tomato or pasta sauce, divided
¼ cup (60 ml)	dry bread crumbs
¼ cup (60 ml)	chopped parsley
1 tbsp (15 ml)	whole yellow mustard seed
1 tsp (5 ml)	whole fennel seed
1 tsp (5 ml)	crushed basil
½ tsp (2 ml)	crushed red chili flakes
1	clove garlic, minced
½ tsp (2 ml)	salt
⅛ tsp (.5 ml)	black pepper
2 tsp (10 ml)	olive oil

Mix together beef, ¼ cup (60 ml) tomato sauce, bread crumbs, parsley, mustard seed, fennel seed, basil, chili flakes, garlic, salt and pepper in a bowl. 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

Make it a meal. *Serve meatballs over your favourite pasta with freshly grated parmesan cheese and flash boiled vegetables in season.*

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



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