

Recipes



Mustard Dill Sauce

- 1/2 cup fresh dill, chopped
- 1/2 cup Dijon mustard
- 1 Tablespoon honey
- 3 Tablespoons dill white wine vinegar
- 3 Tablespoons plain yogurt
- 1/2 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 in a covered container and refrigerate.

Serve with steamed vegetables, grilled chicken or fish.

— Eleanor Davis, HSA Western Pennsylvania Unit

Tarragon Mustard

- 1/4 cup whole yellow mustard seeds, finely ground
- 1/4 cup mustard powder
- 1/4 cup champagne vinegar or white wine vinegar
- 1/2 cup water
- 1 tablespoon light brown sugar
- 1 1/2 tablespoons dried tarragon or 3 tablespoons minced fresh tarragon
- 1 clove garlic, minced
- 1 teaspoon salt

In a medium bowl, combine the mustard seeds, mustard powder, vinegar, and water; mix well. Add the sugar, tarragon, garlic, and salt and mix well to form a smooth paste. Transfer to a clean, dry jar or bowl, cover tightly, and refrigerated for 2 weeks before using.

— Mustard, *Making Your Own Gourmet Mustards* by Janet Hazen

Mustard Caviar

1/2 cup rice vinegar

1/4 cup brown mustard

1/4 cup yellow mustard seeds

1/4 cup apple cider vinegar

1/4 cup sugar

1/2 tablespoon kosher salt

In a small saucepan, bring all ingredients plus 3/4 cups water to a boil over medium-high heat. Reduce heat to low and simmer, stirring often and adding water by the tablespoon if mixture is too dry, until mustard seeds are still firm and intact but pop like caviar when bitten into, 45-50 minutes. Remove sauce pan from heat and let mustard mixture cool completely. Transfer to an airtight container and refrigerate. Keep chilled in the fridge for up to 2 weeks.

— *From Epicurious.com*

Mustard Butter with Basil and Capers

1 1/4 teaspoons drained capers

1 large garlic clove

1/2 teaspoon salt

3 tablespoons chopped fresh basil leaves

1 stick (1/2 cup) unsalted butter, softened

1 1/2 tablespoons coarse-grained mustard

3 tablespoons Dijon mustard

Mustard Butter *cont'd...*

Mince capers and garlic and mash with salt. In a bowl stir together garlic-caper paste with remaining ingredients and salt and pepper to taste. Chill mustard butter 10 minutes. Using wax paper as an aid, shape mustard butter into a 6-inch log and wrap. Chill butter until firm, at least 1 hour, and up to 3 days. Butter may be frozen, wrapped well in plastic wrap, 1 month.

Slice mustard butter as needed. Yields about $\frac{3}{4}$ cup.

Serve on grilled or broiled chicken, meat or fish or tossed with cooked vegetables.

— *From Epicurious.com*

Baked Chicken with Tarragon and Dijon Mustard

3 tablespoons unsalted butter, at room temperature

$\frac{1}{3}$ cup Dijon mustard

2 tablespoons chopped fresh tarragon

$\frac{1}{2}$ teaspoon ground pepper

8 bone-in chicken leg quarters (4 $\frac{1}{2}$ -5 pounds), skin removed

$\frac{2}{3}$ cup coarse dry breadcrumbs

1 tablespoon extra-virgin olive oil

Preheat oven to 425°F.

1. Mash butter with mustard, tarragon and pepper in a bowl until combined. Place chicken in a roasting pan (or large baking dish) and brush the tops and sides with the mustard mixture. Toss breadcrumbs and oil in a bowl. Press the breadcrumbs onto the chicken.
2. Roast the chicken until the breadcrumbs are golden brown and an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 35 to 45 minutes. Serve immediately, drizzled with the cooking juices, if desired.

— *From Eatingwell.com*