Featuring Horseradish

- Thoroughly wash and dry roots and remove any blemishes or soft spots prior to peeling.
- Grate or chop the roots by hand or with a food processor.
- Only grate as much as needed for immediate use since it loses palatability and color over time.
- USDA recommends storing in the refrigerator or freezer to avoid food poisoning.
- Wrap loosely in a plastic bag with ventilation slits.
- Mix grated roots with vinegar and salt to preserve color and flavor, 1/8 to ½ cup of white, wine or rice vinegar for every cup of fresh horseradish.
- For best flavor, add to a warm dish prior to serving since heat destroys the flavor.
- 4 teaspoons of prepared horseradish for every tablespoon of freshly grated horseradish.

Juliet’s Cheese Log

8 oz. cream cheese  ¼ cup grated Parmesan cheese
1 Tablespoon prepared horseradish  ⅓ cup chopped Spanish olives
4-5 dried beef slices

In a medium bowl, thoroughly blend cream cheese, Parmesan cheese and horseradish. Gently stir in the chopped olives. Shape the mixture into a log. Roll the cheese log in the dried beef slices until the outside is covered. Wrap in waxed paper and aluminum foil and chill.

Serve thinly sliced on assorted crackers. Also makes a good filling for cream cheese sandwiches.

Joyce Brobst, HSA Pennsylvania Heartland Unit

Potato Salad with Horseradish

5 pounds red potatoes  2 cups mayonnaise
2 cups sour cream  ¼ cup wine vinegar
¼ cup sugar  ¼ cup freshly grated horseradish
3 Tablespoons chopped fresh parsley  2 Tablespoons fresh dill

Scrub potatoes and cut into bite-sized pieces. Boil in salted water until tender. Drain and toss with remaining ingredients while still warm, but not hot.

Lorraine Kiefer, HSA South Jersey Unit
Harvest Mashed Potatoes

4 large red potatoes (about 2 pounds)
2 medium sweet potatoes (about 1½ pounds)
¼ cup butter
½ cup milk
¼ cup sour cream
¼ cup freshly grated Parmesan cheese
1 tablespoon horseradish
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon cinnamon
⅛ teaspoon freshly grated nutmeg

Peel potatoes and cut into 1-inch pieces. Cook until tender (about 15 minutes) in a large pan of boiling salted water. Drain and place in a large bowl.

Add all remaining ingredients. Mash with potato masher until smooth. These are not whipped potatoes – they will have a texture (lumpy) to them. If you prefer them whipped, add a little more milk and butter and whip with electric mixer. If you prefer a smoother texture, add a little more milk. Top with additional butter if desired.

Barbara Brouse, HSA Colonial Triangle of Virginia Unit

These recipes can be found in:

The Herb Society of America’s Essential Guide to Growing and Cooking with Herbs

edited by Katherine K. Schlosser: http://tinyurl.com/pj5od8o

Find additional recipes in Horseradish: An Herb Society of America Guide

Want to share a favorite family recipe featuring horseradish? Send it to us at: herbs@herbsociety.org