

Fluvanna County Public Library

Spice of the Month Club

Mustard Powder

Flavor Profile: Sharp, Tangy

Mustard Powder is produced by grinding the seed of the white mustard plant to a fine powder.

- Sharp, mildly spicy flavor and aroma
- Golden yellow color
- Fine-textured powder



Mustard powder is made by grinding seeds of a mustard plant (*Brassica alba*), the sharply flavored, aromatic seeds belonging to a member of the cabbage family. Both the seeds and the leaves of the plant are edible. The name derives from the Latin “mustum ardems,” meaning “burning must.”

The whole, ground, cracked, or bruised mustard seeds are mixed with water, vinegar, lemon juice, wine, or other liquids, salt and often other flavorings and spices, to create a paste or sauce ranging in color from bright yellow to dark brown. The seed itself has a strong, pungent, and somewhat bitter taste. The taste of mustard condiments ranges from sweet to spicy.

Mustard seeds come from a cruciferous plant that is grown in over forty varieties, with the yellow seeds being the mildest. While native to the temperate regions of Europe, since World War II, the crop has been produced most widely in Canada, with the French consuming about 70% of the supply.

Yellow Mustard Seeds are commonly used in pickling or in the seasoning of corned beef and vegetables, but can also be ground and combined with other ingredients to make the popular condiment.

The use of mustard seeds is primarily believed to have originated in the Middle East and Asia, and has been traced back to ancient Greece and Rome, where the seeds were ground into a paste (similar to the table mustard we use today) and used by physicians such as Hippocrates, the father of medicine. An excellent source of selenium, magnesium and omega-3 fatty acids, mustard seeds contribute to decreased symptoms of asthma, and can help lower blood pressure and restore sleep patterns. Their high levels of phytonutrients also inhibit the growth of cancer cells and are thought to be especially helpful in the treatment of the gastrointestinal tract.

Mustard has been a favorite seasoning throughout the ages, especially as a complement to the rich flavor of beef and sausage. In 12th century England, the seeds themselves were always on the table, along with a mortar and pestle so that diners could grind their own to taste. It wasn't until the 18th century that mustard seed was sold commercially as a powder to be used for seasoning or to make prepared mustard.

Did you know? Mustard powder may be sprinkled inside socks to prevent frostbite.

Mustard is commonly paired with meats, vegetables and cheeses, especially as a condiment for sandwiches, hamburgers, corn dogs, and hot dogs. It is also used as an ingredient in many dressings, glazes, sauces, soups,

and marinades. As a cream or as individual seeds, mustard is used as a condiment in the cuisine of India and Bangladesh, the Mediterranean, northern and southeastern Europe, Asia, the Americas, and Africa, making it one of the most popular widely used spices and condiments in the world.

Make Your Own Mustard

Basic Mustard (Base mustard recipe)

- 2 Tablespoons mustard powder
- 1-2 Tablespoons water (1 Tbsp. for thicker mustard, 2 Tbsp. for thinner mustard)
- A splash of apple cider vinegar



1. Combine the mustard powder and water in a nonreactive mixing bowl.
2. Stir until combined.
3. Mix in a small splash of apple cider vinegar, to taste.

Honey Mustard

- Take the base mustard and mix in a teaspoon (or more) of honey, depending upon how sweet you want it.
- NOTE: This tastes glorious on spiced sausages, barbecued burgers, or pastrami sandwiches.

White Wine Mustard

- If you prefer a more refined flavor, use your base mustard and mix in a teaspoon of white wine.
- NOTE: This type of mustard tastes fantastic when spread on a baguette with lox and a bit of cream cheese and chopped chives, or served alongside sliced honey ham.



Cayenne Mustard

- Take your base mustard and mix in a bit of cayenne pepper and a few dashes of your favorite hot sauce.
- NOTE: Then slather this hot mustard on sandwiches with Applewood-smoked bacon and maple-roasted turkey or alongside your salami and olives on a charcuterie platter.

<https://food-hacks.wonderhowto.com/how-to/number-one-way-use-up-all-mustard-powder-your-pantry-0170747/>

Afghan Tomato Soup (Aush Goshti) Serves 8

- 1 Tablespoon butter
- 1 onion, chopped
- 3 cloves garlic, minced
- ½ pound ground beef
- 1 (6 oz.) can tomato paste
- 1 (32 oz.) can tomato juice
- 5 cups water
- 1 (15 oz.) can garbanzo beans, drained and coarsely chopped



- 1 (16 oz.) package uncooked fettuccine
 - ½ tsp. salt
 - ½ ts. Ground black pepper
 - 1 tsp. dry mustard
 - 1 Tablespoon chopped fresh dill
 - 1 Tablespoon chopped fresh cilantro, or to taste
 - 1 tsp. chili paste, or to taste
 - 2 tsp. lemon juice, or to taste
1. Melt butter in a large pot over medium heat. Cook onions in butter until they begin to soften, about 10 minutes; stir in garlic and cook for one minute. Add ground beef and cook until beef loses its pink color, 10 to 15 minutes, stirring occasionally to break up lumps. Stir in the tomato paste, tomato juice, water, and garbanzo beans. Season with salt, pepper, dry mustard, dill, cilantro, chili paste, and lemon juice. Bring to a boil, then reduce heat to low. Simmer uncovered 30 minutes.
 2. Increase heat and bring mixture to a low boil; add fettuccine, reduce heat to medium-low and cook until fettuccine is tender, about 10 minutes. Adjust seasonings adding more chili paste, salt, or lemon juice if desired. If soup seems too thick, thin with a little water.

<https://www.allrecipes.com/recipe/165713/afghan-tomato-soup-aush-goshti/?internalSource=recipe+hub&referringId=1066&referringContentType=recipe+hub&clickId=cardslot+68>

South Carolina Mustard Sauce (Carolina Gold)

- ½ cup yellow mustard
- 1/3 cup light brown sugar, packed
- 1 Tablespoon molasses
- ¼ cup apple cider vinegar
- 1 tsp. Worcestershire Sauce
- 1 tsp. mustard powder
- 1 tsp. onion powder
- ¼ tsp. cayenne pepper
- ¼ tsp. salt
- 1 tsp. hot sauce



1. Combine all ingredients together in a sauce pan.
2. Bring to a simmer over low heat.
3. Simmer for 20-25 minutes to develop the flavor of the sauce.
4. Allow to cool then transfer to a bottle.
5. Store in refrigerator.

<https://juliassimplysouthern.com/2019/01/south-carolina-mustard-sauce-carolina-gold.html>

Honey Mustard Snack Mix Recipe

- 5 cups Chex cereal of your choice (or combination)
- 2 cups mini pretzels or mini pretzel rods

- 2 cups regular bagel chips (broken into smaller pieces) or mini bagel chips
- 1 1/2 cups honey-roasted peanuts (or other nut)
- 1 stick (8 tablespoons) unsalted butter
- ¼ cup honey
- 3 tablespoons ground mustard powder
- ½ tsp. onion powder
- ½ tsp. fine salt



1. Arrange a rack in the oven and heat to 300F. Line a rimmed baking sheet with parchment paper.
2. Place the cereal, pretzels, bagel chips, and peanuts in a large bowl and mix to combine.
3. Melt the butter in the microwave or over low heat on the stovetop. Whisk in the honey, mustard, onion powder, and salt until smooth. Pour over the cereal mixture and stir to thoroughly coat. Transfer the mixture to the baking sheet and spread into an even layer.
4. Bake, stirring every 10 minutes, until the mixture is light golden-brown and toasted, about 30 minutes total. Let cool to room temperature, stirring it occasionally and breaking up the clumps with your hands.
5. NOTE: If you can't find bagel chips, use oyster or bruschetta crackers instead.

<https://www.thekitchn.com/recipe-honey-mustard-snack-mix-229195>

Southern-Style Macaroni & Cheese

- 1 pound elbow macaroni noodles
- 24 ounces cheddar cheese, shredded
- 3 (12-Oz.) cans evaporated milk
- 3 eggs
- 1 ½ tsp. salt
- 1 tsp. pepper
- 1 tsp. mustard powder
- Pinch of cayenne pepper
- ½ stick (1/4 cup) butter

Cook noodles in liberally salted water one minute less than the package instructions for al dente prep preparation. Drain noodles then set aside. While noodles are cooking, shred cheese, reserving two cups of cheese for the top layer.

Combine evaporated milk, eggs, salt, pepper, mustard powder and cayenne pepper in a large bowl and mix thoroughly (make sure the eggs are well combined into the mixture).

Spray a 3-quart 13x9 baking dish with cooking spray.

Layer noodles and cheese evenly into baking dish (aim for about 4 layers of noodles).

Sprinkle reserved 2 cups of cheese evenly over everything then pour milk mixture evenly over noodles and cheese.

Cut butter into thin pats then place them evenly on top of cheese.

Bake, uncovered for 40-45 minutes at 350F or until cheese is lightly browned and dish is bubbly.

Remove from oven then let rest 20-25 minutes before serving. Don't skip this step...if you dig into this right out of the oven the inside will be soupy. The dish needs time to "set up".



<https://www.southyourmouth.com/2014/12/southern-style-crock-pot-macaroni-cheese.html>

Cheesy Pull-Apart Sliders

Sliders

- 1 pound lean ground beef
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. mustard powder
- ½ tsp. smoked paprika
- 2 cups diced onion (about 1 medium onion)
- 3 cloves garlic, minced
- 1 (10 oz.) can Ro-Tel Diced Tomatoes and Green Chiles, drained
- 12 slices cheddar cheese
- 12 dinner rolls

Glaze

- ½ cup (one stick) butter
- 2 Tablespoons brown sugar
- 1 Tablespoons Worcestershire sauce
- 1 Tablespoon mustard
- 1 Tablespoon sesame seeds

1. Preheat oven to 350F.
2. Place a large skillet on the stove top over high heat. When the pan is hot, add the beef and season with salt, pepper, mustard powder, and paprika. Add the onion and garlic, and cook, stirring occasionally, until beef is browned and onions are golden. Stir in drained tomatoes until combined.
3. Slice dinner rolls in half and place bottom half of rolls in 9x13 baking dish. Top with beef mixture & sliced cheese. Finish off with the top half of the bun.
4. Mix all the ingredients for the glaze in a sauce pan over medium heat (or microwave about 40 seconds) and mix until melted, smooth, and combined. Pour evenly over the buns.
5. Bake at 350F for 25 minutes.

<https://myfox8.com/news/cheesy-pull-apart-sliders/>



Tangy BBQ Meatball Sliders

BBQ Sauce

- 1 Tablespoon olive oil
- ½ cup finely chopped onion
- 1 clove garlic, minced
- 2 cups ketchup
- 2/3 cup molasses
- 2 Tablespoon red wine vinegar
- 2 Tablespoons freshly squeezed lemon juice
- 2 Tablespoons brown sugar
- 1 ½ Tablespoons Worcestershire sauce
- 1 ½ Tablespoons dry mustard powder
- 1 tsp. hot pepper sauce, or to taste
- ½ tsp. cayenne pepper, or to taste

Meatballs



- ½ pound ground beef
 - ½ pound ground pork
 - ¾ cup fresh bread crumbs
 - ¼ cup milk
 - 1 large egg, lightly beaten
 - 1 Tablespoon stone-ground mustard
 - 1 tsp. grill seasoning (steak seasoning)
 - 1 clove garlic, minced
 - 12 slider-size burger buns
1. Preheat the oven to 350F. Place a baking rack sprayed with nonstick cooking spray onto a foil-lined baking pan.
 2. Heat oil in a large saucepan over medium heat. Add onion and sauté for about 3 minutes. Add garlic and cook until fragrant, about 30 seconds. Add ketchup, molasses, red wine vinegar, lemon juice, brown sugar, Worcestershire sauce, mustard powder, hot sauce and cayenne pepper; mix well. Bring to a boil, stirring frequently, then reduce heat to medium-low and simmer, stirring occasionally, for 30 minutes. Add a bit of water if sauce gets too thick.
 3. Meanwhile, combine beef, pork, bread crumbs, milk, egg, mustard, steak seasoning, and garlic in a bowl. Use a 2-tablespoon cookie scoop to form meat mixture into balls, about 1 ½ inches in diameter. Place meatballs on the rack, leaving enough space between them so they'll brown on all sides.
 4. Bake meatballs in the preheated oven until internal temperature reaches 160F, 25 to 30 minutes.
 5. Gently stir meatballs into the BBQ sauce. Simmer until meatballs are heated through, 10 to 15 minutes. Divide sauce meatballs among the slider buns.

https://www.allrecipes.com/recipe/280990/tangy-bbq-meatball-sliders/?utm_source=pinterest.com&utm_medium=social&utm_campaign=allrecipes_allrecipes_13225641&utm_content=verticalimage_bbqandgrilling&utm_term=grilling_202109

HONEY MUSTARD DIP

- 1 cup mayonnaise
 - 1/3 cup honey
 - Juice from ½ lemon
 - 1 tbsp. Horseradish
 - 2-3 tsp. powdered mustard
1. Blend with a whisk until well blended; refrigerate. Great with pretzels! Use on ham or beef sandwiches, veggies, chicken fingers or chicken tenders. My family likes to spread it on large crackers with thinly sliced cheddar cheese and beef stick or summer sausage.
 2. I have used it on ham, as a coating for chicken, as a dip for pretzels, sausage bites, potato chips, and it excels as a spread for summer sausage, cheddar on Triscuits.



(From the kitchen of staff member Ellen)

Classic Deviled Eggs (12 servings)

- 6 hard-cooked eggs, peeled
- 3 Tablespoons mayonnaise or salad dressing
- ½ tsp. ground mustard
- 1/8 tsp. salt
- 1/8 tsp. pepper
- Paprika, if desired



1. Cut eggs lengthwise in half. Slip out yolks and mash with fork.
2. Stir in mayonnaise, mustard, salt and pepper. Fill whites with egg yolk mixture, heaping it lightly. Sprinkle with paprika, if desired. Cover and refrigerate up to 24 hours.

<https://www.bettycrocker.com/recipes/classic-deviled-eggs/bdd332d8-9da9-42e9-86d9-69fc5cdb936a>

Hot Artichoke Dip (24 servings)

- 1 package (8 ounces) cream cheese, softened
- 1 cup mayonnaise
- ½ cup grated Parmesan cheese
- 1 tsp. Garlic Powder
- ½ tsp. Ground Mustard
- 1 can (14 ounces) artichoke hearts, drained and chipped



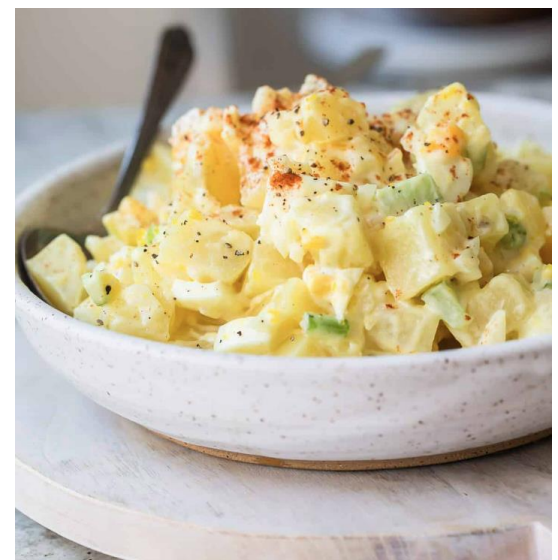
1. Preheat oven to 350F. Mix cream cheese, mayonnaise, Parmesan cheese, garlic powder, and ground mustard in medium bowl until well blended. Stir in artichoke hearts.
2. Spread in 9-inch pie plate.
3. Bake 30 minutes or until hot and bubbly. Serve with vegetable dippers and assorted crackers or sliced French bread.

<https://www.mccormick.com/recipes/appetizer/hot-artichoke-dip>

Easy Potato Salad (10 servings)

- 3 pound potatoes peeled and cut into ¾-inch chunks
- Salt and black pepper
- 1 ½ cups mayonnaise
- 2 Tablespoons granulated sugar
- 2 Tablespoons white vinegar
- 1 tsp. ground mustard
- 1 tsp. garlic powder
- ½ medium onion, minced (about 1 cup)
- 2 ribs celery thinly sliced
- 6 hard-boiled eggs, peeled and chopped
- Paprika for garnish

1. In a large pot, add potatoes, 1 tablespoon salt, and enough water to cover. Bring to boil, reduce heat, and simmer until potatoes are tender, about 10 minutes. Drain well and cool slightly.
2. Meanwhile, in a small bowl whisk together mayonnaise, sugar, vinegar, mustard, and garlic powder.



3. In a large bowl, add potatoes, onion, celery, and chopped eggs. Add mayonnaise mixture and stir to combine.
4. Season to taste with salt and pepper. Garnish with paprika.

<https://www.culinaryhill.com/easy-potato-salad/>

Green Chili Pork Nachos with Mustard Spiced Cheese (8 servings)

Green Chili Pork

- 1 lbs. Pork Tenderloin
- 1 tsp. salt
- ½ tsp. pepper
- ½ tsp. cumin powder
- 2 tsp. garlic powder
- ½ can Green Chili Salsa

Mustard Spiced Cheese

- 1 lb. cheddar cheese
- ½ Tablespoon ground mustard

Nachos

- 1 bag tortilla chips



1. Put all the ingredients for the Green Chili Pork in a bag and let them marinate overnight. After the Pork tenderloin is marinated, cook it in the Instant Pot for 30 minutes in the pressure cook mode. Let the pressure release on its own. Use a fork to take the pork loin apart and shred it. Reserve.
2. Melt the cheddar cheese in a crockpot or oven top, add ½ Tablespoon of ground mustard and let it simmer.
3. Make a bed of nachos and put the shredded pork in the center, use the other half can of green chili salsa to cover the pork, add the cheese salsa on top and garnish with jalapeno slices.
4. NOTE: If you don't have an Instant Pot – you can cook it in the slow cooker for 2-3 hours, or until the pork registers at least 145F in the center.

<https://colmansusa.com/recipe/green-chili-pork-nachos-mustard-spiced-cheese>

Library Resources

The Complete Summer Cookbook by America's Test Kitchen – 641.564 AME

Healing Spices Handbook: Recipes for Natural Living by Barbara Brownell Grogan – 615.3 BRO

Herbs & Spices: The Cook's Reference by Jill Norman – 641.6383 NOR

The Science of Spice: Understand Flavour Connections and Revolutionize Your Cooking by Dr. Stuart Farrimond – 641.3383 FAR

Spiced by America's Test Kitchen – 641.6383 AME

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