

SPICE CLUB

MUSTARD

SPICE INFORMATION



Mustard is one of the earliest spices on record, appearing in Sanskrit manuscripts around 3000 BC. It is thought to be one of the first crops to be domesticated, and mustard was used throughout ancient Egypt, India, and China. The history of mustard as a condiment dates back thousands of years to the early Romans, who ground mustard seeds and mixed them with wine to create a paste.

Mustard comes in four basic forms—seeds, powder, oil, and prepared mustard—and each can be used in different ways. All parts of a mustard plant are edible, including the seeds, leaves, and flowers; it is in the same family as cabbage and turnips

There are over 40 different varieties of mustard plants, but only three species are used as a spice: black (*Brassica nigra*), brown (*B. juncea*), and white or yellow (*Sinapis alba*).

Black B. nigra is native to North Africa and parts of Europe and Asia; black mustard seeds are still very popular in the Middle East and Asia Minor. They are a common ingredient in Indian cooking. They are often kept whole and fried (or toasted) before adding to a dish or including in a stir-fry along with other aromatic ingredients. Black mustard seeds are very small and highly pungent.

Brown B. juncea seeds range in color from dark brown to dark yellow. They are used in Europe to produce Dijon mustard and other specialty mustards. In Asian countries, brown mustard seeds are also used to produce mustard oil. This mustard oil can contain toxic erucic acid, so is not imported to the United States. Brown mustard seeds are also commonly used for pickling.

Yellow Sinapis alba bears light tan seeds that are a little larger than brown mustard seeds, but not as pungent as black or brown seeds. Yellow mustard seeds are the primary ingredient in American mustards and are also used in pickling spice mixes. The flavor of ground mustard develops when soaked in liquid to bring out the pungent compounds. It is commonly used in spice rubs, salad dressings, soups, and to add an acidic component to cut through rich sauces like for macaroni and cheese. American prepared mustard is bright yellow due to the addition of turmeric or dye. Mustard is the second most-used spice in the United States, only exceeded by the peppercorn.

RECIPES

Basic Mustard Recipe with Variations



<https://www.thespruceeats.com/simple-mustard-recipe-1327475>

INGREDIENTS

- 2 Tbsp brown or black whole mustard seeds
- 1/4 cup ground mustard powder
(you will need more than is in your kit)
- 3/4 tsp salt
- 1/4 cup water
- 4 tsp apple cider vinegar or white wine vinegar



DIRECTIONS

1. Grind the seeds in a spice grinder for 15 seconds. You don't want to completely reduce the seeds to a powder—they should still be mostly whole but just a little bit crushed. Alternatively, grind with a mortar and pestle.
2. Combine the slightly crushed seeds, mustard powder, and salt in a small bowl. Stir to mix the dry ingredients.
3. Mix in the wet ingredients. The mustard may seem soupy at this stage. Don't worry—it will thicken up as the mustard seeds and powder absorb the liquids.
4. Cover and store at room temperature for 2 days before using. This wait time is important for thickening and to reduce the bitterness of freshly made mustard.
5. After the 2-day wait, transfer the mustard to a clean glass jar(s). Cover tightly.

Spicy Beer Mustard: Use cold beer instead of the water and add 1 tsp of honey.

White Wine and Tarragon Mustard: Use white wine instead of the water. Substitute tarragon vinegar or add 1 to 2 Tbsp finely chopped fresh tarragon.

Honey Mustard: Add 2 Tbsp honey to the basic recipe.

German Mustard Pickles



<https://www.thespruceeats.com/homemade-german-mustard-pickles-1447380>

Ingredients

4 1/2 pounds pickling cucumbers, or English cucumbers
1 yellow onion, sliced
4 sprigs fresh dill
2 cups white wine vinegar
2 cups water
2 1/2 cups sugar
1 Tbsp yellow mustard seed
6 juniper berries
1/2 tsp coriander seeds
1/2 tsp black peppercorns
1/4 tsp caraway seeds
1/4 tsp dill seed
1/2 tsp allspice berries
1 bay leaf, crumbled
4 cloves garlic
1/8 tsp confectioners' ginger
2 Tbsp salt



DIRECTIONS

1. Peel the cucumbers, cut them in half lengthwise, scrape out the seeds, and cut them into 1/2-inch chunks.
2. Layer the cucumber chunks in 2 to 3 sterilized quart canning jars with the sliced onion and fresh dill sprigs.
3. In a large nonreactive (not aluminum) saucepan, bring the white-wine vinegar, water, sugar, and remaining herbs and spices to a boil. Cook for 3 minutes or until the sugar and salt dissolve.
4. Pour the hot brine over the cucumbers to within 1/4 inch of the jar rim. Screw the caps on tightly and allow the jars to cool completely. Enjoy the pickles after 24 hours. Store them in the refrigerator for up to a few weeks. Or process them in a hot water bath according to your equipment's instructions and they can be stored in a cool dark area for up to one year. (Recommended by the USDA)

Cont. on the Next Page

NOTES

- Take the time to sterilize your canning jars even for refrigerator pickles you plan to consume within a short time. You can make the process easy by running clean jars and lids through a hot dishwasher cycle without soap or other items, or you can boil the empty jars and lids in a large canning pot for 15 minutes.
- For a more rustic presentation and stronger flavor over time, retain the herbs and spices in the brine when you pour it into the jars. For a more refined pickle, strain the brine before adding it to the jars.

Quick Pickled Red Onions



<https://grilling24x7.com/quick-pickled-red-onions/>

INGREDIENTS

12 Red Onions Medium (about 3 c. sliced)
1.5 cup White Vinegar
1.5 cup Water
1 Tbsp Mustard Seeds
1 Tbsp Whole Peppercorns
2 tsp Celery Seeds
3 Tbsp Kosher Salt
¼ cup Sugar



DIRECTIONS

1. Place thinly sliced red onions into a mason jar or container tightly.
2. In a saucepan combine the remaining ingredients.
3. Bring pickling liquid to a boil stirring occasionally, once liquid boils for 1 minute remove from heat then pour over red onions.
4. Let the liquid cool for about 5 minutes then seal with lid and refrigerate for a minimum of 2-3 hours before serving. Keep Pickled Red Onions refrigerated for up to 1 month.

Savory Spiced Pecans



<https://www.thekitchn.com/recipe-savory-spiced-pecans-recipes-from-the-kitchn-179640#post-recipe-11902>

INGREDIENTS

4 cups (1 pound) pecans halves
1/3 cup (5 1/3 Tbsp) unsalted butter, melted
2 tsp Worcestershire sauce
1 1/4 tsp kosher salt
1/2 tsp garlic powder
1/2 tsp ground mustard
1/2 tsp Tabasco sauce, or to taste
1/4 tsp cayenne pepper, or to taste



DIRECTIONS

1. Preheat oven to 300°F.
2. Place the pecans in a large mixing bowl. In another bowl, whisk together the melted butter, Worcestershire sauce, salt, garlic powder, ground mustard, Tabasco, and cayenne. Pour the butter mixture over the pecans and stir until well combined. Taste a pecan and add more Tabasco or cayenne if desired.
3. Arrange the pecans on a large sheet pan and bake for 20-22 minutes until toasted and lightly browned, stirring halfway cooking time to prevent burning. Remove from the oven and cool completely, tossing occasionally, before transferring to an airtight container.

Savory Parmesan French Toast

<https://www.thekitchn.com/recipe-panfried-savory-parmesan-french-toast-recipes-from-the-kitchn-200279#post-recipe-12135>

INGREDIENTS

Neutral cooking oil, such as canola or peanut oil, for frying
4 large eggs
1/2 cup whole or 2% milk
1/2 cup heavy cream
1/2 cup grated Parmesan, plus more for serving
1/2 tsp dry mustard powder, or more to taste

Cont. on Next Page

INGREDIENTS CONTINUED

1/2 tsp kosher salt

1/2 tsp hot sauce, such as Tabasco

Freshly ground black pepper, to taste

1 large garlic clove, peeled and crushed

6 slices good-quality bread, cut 3/4- to 1-inch thick

Freshly minced herbs (chives or flat-leaf parsley) for garnish

DIRECTIONS

1. Turn the oven to the warming setting. Line a sheet pan with paper towels and set it near your workspace.
2. Combine the eggs, milk, and cream in a blender and pulse until well combined. Transfer mixture to an 8x8 baking dish or shallow pan. Whisk in the Parmesan, mustard powder, salt, hot sauce, and a very generous amount of black pepper, followed by the garlic clove.
3. Pour about 1/4- to 1/2-inch of oil into a large cast iron skillet (or heavy, flat-sided pan) and heat over medium to medium-high heat until the temperature of the oil reaches 365°F to 375°F on an instant-read thermometer.
4. While the oil is heating, add 2 pieces bread to the batter and soak, flipping frequently, until thoroughly saturated with liquid, 1 to 2 minutes. Add the bread to the hot oil and cook until the bread is golden brown; flip and continue cooking, about 2 minutes per side. (Reduce or increase heat, as necessary, to keep oil temperature around 365°F.)
5. Gently shake excess oil from the bread and place on the paper towel-lined sheet pan. Pat the toast with additional paper towels to remove excess oil, if necessary. Transfer the sheet pan to oven to keep warm, and continue cooking the remaining bread.
6. Garnish the French toast with chopped herbs and Parmesan cheese.

Recipes Continued on Next Page

Cauliflower with Melted Onions and Mustard Seeds



<https://www.foodandwine.com/recipes/cauliflower-melted-onions-and-mustard-seeds>

INGREDIENTS

- 1 Tbsp unsalted butter
- 1/4 cup vegetable oil
- Two 2 1/2-pound heads of cauliflower, cut into 2-inch florets
- Salt and freshly ground pepper
- 2 large sweet onions, halved lengthwise and thinly sliced crosswise
- 1 tsp curry powder
- 1 tsp yellow mustard seeds
- 1 Tbsp fresh lemon juice
- 1/2 cup chopped cilantro



DIRECTIONS

1. Preheat the oven to 450°. In a large roasting pan, melt the butter in 1 Tbsp of the oil in the oven; swirl to combine. Add the cauliflower, stems up, and season with salt and pepper. Cover with foil and bake on the bottom shelf of the oven for 30 minutes. Increase the oven temperature to 500° and bake for 10 minutes. Remove the foil and continue to bake for 10 minutes longer, or until the cauliflower starts to caramelize on the bottom.
2. Meanwhile, in a large skillet, heat the remaining 3 Tbsp of oil. Add the onions, cover and cook over low heat, stirring occasionally, until very tender, about 20 minutes. Stir in the curry powder and mustard seeds and cook, stirring, until fragrant, about 5 minutes. Add the lemon juice and season the onions with salt and pepper.
3. Transfer the roasted cauliflower to a large serving bowl and spoon the onions on top. Sprinkle with the chopped cilantro and serve at once.

Flatbread with Sesame Seeds and Mustard Seeds

<https://teaspoonofspice.com/yeast-free-flatbread-with-sesame-seeds-mustard-seeds-the-recipe-redux/>

INGREDIENTS

2 cups all purpose flour	1 tbsp lemon juice
1 cup whole wheat flour	1/2 cup plain fat-free yogurt
1 tsp baking powder	2-4 Tbsp milk
1 tsp baking soda	1-2 tsp mustard seeds
1 tsp salt	1-2 tsp sesame seeds
1 tsp sugar	1/2 tsp curry powder
1/3 cup olive oil	

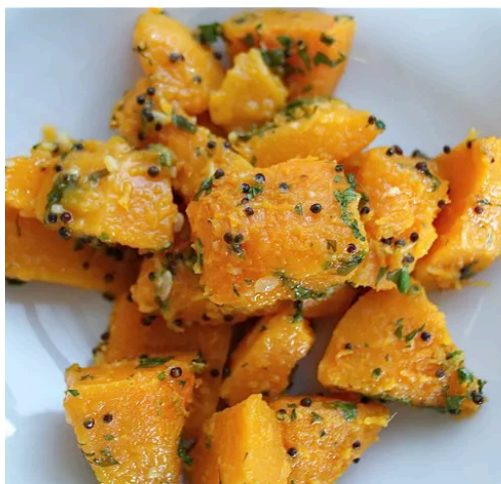
DIRECTIONS

1. Combine the dry ingredients sugar in a mixing bowl; mix well with a fork/whisk.
2. Mix together olive oil and lemon juice; add to flour mixture. Mix together with a fork or your hands. Add yogurt and mix with a fork and then with you hand. Add milk and knead to a smooth dough; dough will be dense.
3. Cover it with a clean moist cloth and keep in a warm place for 2-3 hrs; or place in a zip-top plastic bag and refrigerate overnight. The dough will rise but not double in size.
4. Using a serrated knife, slice the dough into 8 pieces. Flatten the dough with your hand and then roll out on a clean surface into a roundish shape about 1/8-inch thick. (No need to dust surface with flour.) Sprinkle top of dough with sesame seeds, mustard seeds and curry powder; flip over and brush with water.
5. Place dough water-side down in a medium-hot cast-iron skillet (brush skillet with a little oil if it is not well-seasoned.) Cook for 2 minutes or until lightly brown and toasted; flip. Cook 1-2 minutes until lightly brown and the seeds begin to turn golden. Repeat with remaining flatbreads.

Butternut Squash Stir-fry with Mustard Seeds



<https://www.thespruceeats.com/butternut-squash-stir-fry-mustard-seeds-2216275>



INGREDIENTS

- 1 medium butternut squash (About 2lbs.)
- 3 cloves garlic
- 1 (2-inch) piece ginger
- 1 tablespoon vegetable oil, or grapeseed oil
- 1 teaspoon brown mustard seeds
- 1/2 teaspoon fine sea salt
- 1/4 cup chopped cilantro, optional

DIRECTIONS

1. Cut off and discard both ends of the squash. Set it upright on one of its newly flat surfaces and use a sharp knife to cut off the rind, cutting down from top to bottom and repeating around the squash until all of the rinds are removed—it's easy to see where the rind end and squash begin with this method. (You can also peel butternut squash with a vegetable peeler—it takes a few goes at each section, but it works if you prefer it.)
2. Once it's peeled, cut the squash in half lengthwise. Use a large spoon to scoop out the fibrous "guts" and seeds. Discard the "guts," but know that you can roast the seeds just like pumpkin seeds if you like. Chop the squash into bite-size pieces and set aside.
3. Peel and finely chop the garlic; peel and finely shred or grate the ginger. Set both aside together.
4. In a large frying pan or pot, heat the oil over medium-high heat. Add the mustard seeds, cover, and cook until you hear them "pop," about 2 minutes. Add the garlic and ginger and cook, stirring, until opaque and fragrant, about 1 minute.
5. Add the squash, salt, and 1/2 cup water. Stir to combine, cover, and cook, stirring occasionally, until the squash is tender, about 15 minutes. Add a tablespoon or so of additional water, if necessary, to keep the squash from sticking to the pan.
6. Add the cilantro, if you like, and stir to combine.

Curried Cauliflower and Potato Pasties

<https://www.greatbritishchefs.com/recipes/curried-cauliflower-potato-pasty-recipe>

INGREDIENTS

1 3/4 lb of hot water crust pastry

1 egg yolk, beaten with 1 tsp water, for brushing
mango chutney, to serve
sea salt

INGREDIENTS: Filling

2 tbsp. of vegetable oil

1 tsp mustard seeds

1 onion, finely sliced

1 1/8 lb. of floury potatoes, peeled and cubed

1 garlic clove finely chopped

1 1/16 oz. of fresh ginger, finely chopped

2 green chillies, deseeded and finely chopped

1 tsp ground turmeric

1 tsp garam masala

2 plum tomatoes, roughly chopped

1 cauliflower, cut into florets

1/2 lime



DIRECTIONS

1. To make the filling, warm 1 tablespoon of the oil in a large frying pan over a medium heat. Add the mustard seeds and let sizzle for 30 seconds. Add the onions and a pinch of salt and cook for 10–15 minutes until just starting to colour. Add the potatoes, garlic, ginger, chillies and spices, and cook for a further 5 minutes before adding the tomatoes and 100ml of water. Simmer for a further 15 minutes or until the potatoes are just cooked and the sauce has thickened.
2. Preheat oven to 425° F.
3. Rub the cauliflower florets all over with the remaining oil and scatter across a roasting tray. Place the tray in the preheated oven and roast the cauliflower for 15 minutes until softened and colored.
4. Lower the oven temperature to 400 ° F.

Cont. on Next Page

DIRECTIONS CONT.

5. Add the cauliflower to the potato mixture, squeeze in the juice of half a lime, season to taste and then set aside to cool.
6. Divide the pastry dough into four equal balls. On a lightly floured surface, roll out each ball to a 1cm thick circle. Divide the filling mixture equally between the pastry discs, spooning it onto one half of each disc. Fold over the other half of each pastry disc to cover the filling and crimp the edges together.
7. Line a baking tray with parchment paper. Place the pasties on the lined tray, brush the surface of the pastry all over with the egg wash and add a sprinkle of sea salt. Place the tray in the hot oven and bake the pasties for 25 minutes or until the pastry is golden brown. Serve either while still warm or at room temperature with a spoonful of mango chutney.

Green Tomato-Apple Chutney



<https://www.davidlebovitz.com/green-tomato-apple-chutney-recipe/>

INGREDIENTS

- 1 3/4 pound (825g) green tomatoes, stemmed and cut into bite-size pieces
- 2 firm apples, cored, and cut into chunks (peeled or unpeeled)
- 1 cup (100g) peeled and sliced shallots
- 1 to 2 dried chiles, split and seeded, or 1 fresh chile, seeded and finely chopped
- 1/3 cup (65g) chopped candied ginger
- 1 cup (250ml) apple cider vinegar
- 1 cup (160g) raisins
- 1 cup (180g) light or dark brown sugar
- 1 tablespoon yellow or black mustard seeds
- 1 teaspoon ground cardamom, (or cinnamon)
- 1/2 teaspoon ground allspice
- zest of one orange or 1/4 cup (45g) chopped candied orange peel

DIRECTIONS

1. Mix together all the ingredients in a large, non-reactive pot.
2. Bring to a boil, then reduce heat to a low boil and cook, stirring frequently, for 45 minutes, until the mixture is thick and jam-like.
3. Once finished, ladle the chutney into clean jars.

Salmon Mustard and Dill Tartlets

<https://www.thekitchn.com/recipe-savory-spiced-pecans-recipes-from-the-kitchn-179640#post-recipe-11902>

INGREDIENTS

- ½ oz. butter
- 4 spring onions, finely chopped
- 6 oz. smoked salmon, cut into strips
- 6 blind-baked short crust pastry cases,
each in individual 10 cm tart tins
- 2 eggs, beaten
- ½ cup creme fraiche
- 1 Tbsp. chopped fresh dill
- 2 tsp mustard
- 1 pinch salt and freshly ground black pepper



DIRECTIONS

1. Preheat oven to 350°F.
2. Melt the butter in a small frying pan and gently fry the spring onions for 2–3 minutes, or until softened. Remove from the pan and leave to cool.
3. Arrange the smoked salmon in the base of the cooked pastry cases. In a bowl, mix together the eggs, creme fraiche, dill, mustard and cooled spring onions and season with salt and pepper. Pour the mixture into the tart cases, pulling up some of the salmon through the egg mixture so it is visible on the surface.
4. Bake in the oven for 18–20 minutes, or until just set and golden.

Mustard Spice Cake

<https://blog.cherchies.com/home/2016/9/27/mustard-spice-cake-recipe>

INGREDIENTS

- 2 ¼ cups cake flour
 - 1 ½ tsp. baking powder
 - ½ tsp. baking soda
 - ½ tsp. salt
- Cont. on Next Page*

INGREDIENTS CONTINUED

1 1/2 tbsp. ground cinnamon
1/2 tsp. ground ginger
1/2 tsp. ground cloves
1/2 tsp. ground mustard
1/2 cup unsalted butter, softened
2/3 cup sugar
3 jumbo eggs, beaten
1/3 cup Dijon mustard
2/3 cup molasses
2 tbsp. honey
1/4 cup apple butter spread
3/4 cup buttermilk

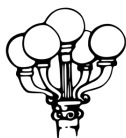
INGREDIENTS: CREAM CHEESE ICING

6 Tablespoons (Tbsp.) butter, softened
1 1/2 cups powdered
1/4 cup cream cheese, room temp.
1/2 teaspoon (tsp) vanilla extract
1/2 teaspoon (tsp) salt



DIRECTIONS

1. Preheat oven to 350°F.
2. Grease a 9×9 or 11×7 glass baking dish or a bundt cake pan and set aside.
3. Sift together cake flour, baking powder, baking soda, salt, cinnamon, ground ginger, ground cloves, ground mustard and set aside.
4. Cream together the shortening and sugar. Add eggs one at a time. Then add the Dijon mustard, molasses, apple butter spread, and honey and beat until smooth.
5. Add the dry ingredients alternately with the buttermilk, about a third at a time, blending just until just combined.
6. Pour into the greased baking dish or bundt cake pan and bake about forty-five minutes, or until the sides begin to brown and a knife inserted into the middle comes out clean.
7. Let the cake cool for about 15 minutes in the pan and place a plate over the opening and carefully flip the cake to remove. Cover the cake and store, well wrapped, in the refrigerator.
8. Make the cream cheese icing when ready to serve. Sprinkle cinnamon on the cake for a pretty presentation.



THANK YOU!

The November Spice will be ready for pick-up Nov. 10-15