



GREAT  SASKATCHEWAN  
**MUSTARD**

*Mustard is a Must*

**CHEF:**  
Brian Byrne

**RESTAURANT:**  
Beer Bros.  
1801 Scarth Street  
Regina, SK

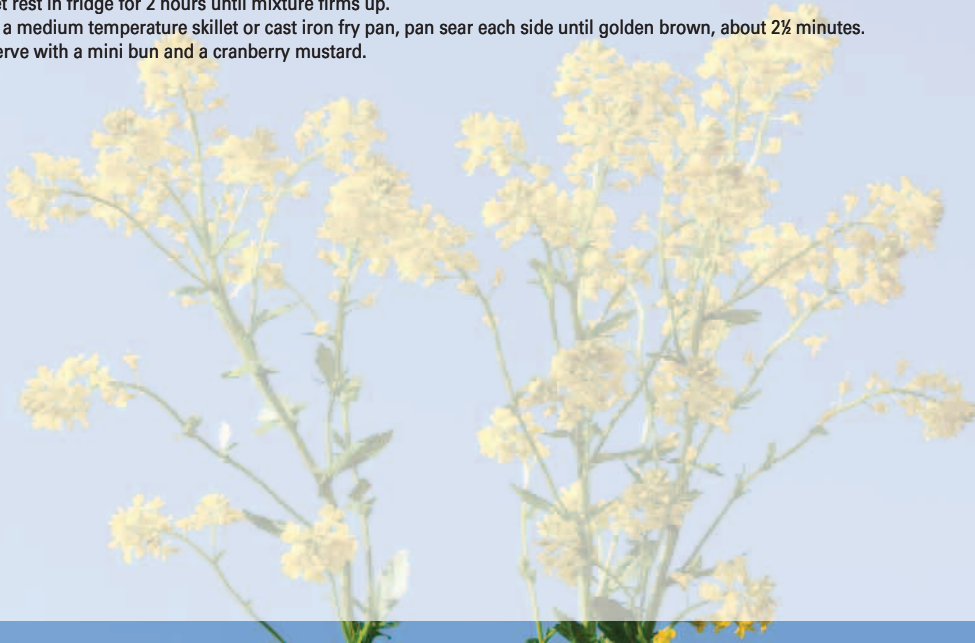
## Mustard Turkey Sliders

454 g	ground turkey	1 lb.
2	small apples, diced	2
1	small red onion, diced	1
3	green onions, finely sliced	3
3	large eggs	3
30 ml	toasted mustard seeds, cracked	2 tbsp.
30 ml	Dijon mustard	2 tbsp.
30 ml	grainy Dijon mustard	2 tbsp.
30 ml	peppered mustard	2 tbsp.
15 ml	dry mustard	1 tbsp.
2.5 ml	pepper	½ tsp.
2.5 ml	salt	½ tsp.
1.25 ml	paprika	¼ tsp.
1.25 ml	dill	¼ tsp.
250 ml	bread crumbs	1 cup
1	lemon zest	1

- In a large steel bowl, combine turkey, apples, onion, green onions, eggs, mustard seeds, mustards, pepper, salt, paprika, dill and lemon zest.
- Slowly add bread crumbs and mix until mixture binds together but is not too dry. If it becomes too dry, add another egg.
- Form mixture into small 60 g (2 oz.) patties.



- Let rest in fridge for 2 hours until mixture firms up.
- In a medium temperature skillet or cast iron fry pan, pan sear each side until golden brown, about 2½ minutes.
- Serve with a mini bun and a cranberry mustard.



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## Mustard Braised Chicken Breast

6	50-100 g (2 to 3 oz.) whole chicken breasts	6
1 l	water	4 cups
30 ml	sea salt	2 tbsp.
50 ml	dry mustard	¼ cup

### *Braising Liquid*

250 ml	Dijon mustard	1 cup
250 ml	grainy Dijon mustard	1 cup
62.5 ml	toasted mustard seeds, cracked	¼ cup
750 ml	chicken stock	3 cups
250 ml	peppered mustard	1 cup
5 ml	Habañero pepper, ground	1 tsp.
5 ml	white pepper	1 tsp.
30 ml	brown sugar	2 tbsp.

- With a paring knife, puncture small holes into chicken so the mustard brine will seep into the meat. Let marinate for 3 to 6 hours.
- Remove chicken from brine and place in roasting pan.
- Preheat oven to 180° C (350° F).
- To make a braising liquid, in a bowl, combine mustards, mustard seeds, chicken stock, Habañero, white pepper and brown sugar. Mix well.
- Add chicken to braising liquid and braise in oven for 45 minutes.
- Preheat grill to 150° C (300° F).
- Place chicken on grill and baste with leftover braising liquid until golden brown.

**CHEF:**  
Malcolm Craig

**RESTAURANT:**  
Beer Bros.  
1801 Scarth Street  
Regina, SK

## *Mustard Cured Steelhead Trout Fillet*


142 g	mustard cured steelhead trout fillet	5 oz.
30 ml	yellow mustard powder	2 tbsp.
5 ml	kosher salt	1 tsp.
330 ml	cocoa vanilla beer	12 fl. oz.
170 g	gnocchi	6 oz.
.25 ea.	vanilla bean	¼ ea.
30 ml	white or brown sugar	2 tbsp.
5 ml	salted butter	1 tsp.
10 ml	extra virgin olive oil	2 tsp.
7 ea.	salmon caviar	7 ea.
5 ea.	sweet pea shoots	5 ea.
60 ml	whipping cream	4 tbsp.

### *Mustard Cure:*

500 ml	kosher salt	2 cups
500 ml	granulated sugar	2 cups
125 ml	mustard powder	½ cup

- For the mustard cure, combine the coarse sea salt and granulated sugar and dried mustard powder.
- Spread cure over trout fillet and leave covered to cure in fridge for a minimum of 3 hours.
- Once curing is complete, rinse salt cure off fish with cold running water and pat dry with a paper towel. At this point you may wish to smoke the fish fillet with cherry or apple wood chips (optional). See instructions on the other side.



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- In a thick bottomed pan, over medium-high heat, heat cocoa vanilla beer with the sugar, vanilla bean and a little of the olive oil until it is a gentle simmer.
  - Stir in gnocchi, stirring constantly to avoid sticking. At this point you can also add a little salt to aid the seasoning.
  - In a small mixing bowl, combine mustard powder and kosher salt. Mix thoroughly and pour onto a large plate or flat tray and spread out evenly.
  - Place fish, skin side up, onto the mustard salt blend and gently press into the mixture.
  - While gnocchi is cooking, heat a fry pan or skillet until it is just starting to haze. Add the remaining olive oil and turn down heat to medium.
  - Remove trout from the dusting and place skin side down into the skillet of oil. This makes the skin a little crispy.
  - After 2 to 3 minutes of searing, gently, lift trout from pan and flip onto mustard dusted side.
  - Turn down heat and finish cooking until the mustard forms a nice crust. Be careful not to burn the crust as it will taste extremely bitter.
  - Remove gnocchi from beer, reserving the liquid and place a small pan with the salted butter until butter has melted and coats the gnocchi. Add a little of the poaching liquid and a small amount of whipping cream to make a sauce around the pasta.
  - Placed cooked trout gently on top of gnocchi and drizzle with some of the cocoa vanilla beer, butter and cream sauce.
  - Garnish with 7 salmon caviars around the plate and top with the 5 sweet pea shoots.

**CHEF:**  
Tim Davies

**RESTAURANT:**  
Willow on Wascana  
3000 Wascana Drive  
Regina, SK

## Mustard Sugar Beet Panna Cotta

300 g	purple beet	1 small beet or 1 cup
30 ml	oil	2 tbsp.

### *Buttermilk Panna Cotta:*

10	sheets of gelatin	10
56 ml	cold water	¼ cup
500 ml	heavy whipping cream	2 cups
448 g	granulated sugar	16 oz.
7 ml	salt	1 tsp.
500 ml	buttermilk	2 cups
60 mL	smooth Dijon mustard	4 tbsp.

- Preheat oven to 180° C (350° F).
- Toss beet in oil and roast for approximately 45 minutes.
- Remove from oven and, while still warm, peel beet with a cloth.
- Chop beet into small chunks and purée in blender. Add water as needed.
- Bloom gelatin in cold water.
- In a saucepan over medium heat, combine cream, sugar and salt. Bring to almost boiling.
- Squeeze all excess water from gelatin and add to hot cream mixture. Stir until gelatin has completely dissolved.
- Add buttermilk, mustard and beet purée. Stir until well incorporated.
- Pour mixture into six 6 oz. ramekins.
- Refrigerate until set.

**CHEF:**  
Tim Davies

**RESTAURANT:**  
Willow on Wascana  
3000 Wascana Drive  
Regina, SK

## *Asian Slaw*

1	7.5 cm (3 inch) piece of ginger, finely grated	1
125 ml	rice wine vinegar	½ cup
15 ml	soy sauce	1 tbsp.
1	lime, juiced	1
25 ml	sesame oil	2 tbsp.
25 ml	whole mustard or Dijon mustard	2 tbsp.
25 ml	chiffonade cilantro	2 tbsp.
25 ml	chiffonade mint	2 tbsp.
2 ml	ground black pepper	½ tsp.
45 ml	toasted mustard seeds	3 tbsp.
2	bulbs of fennel, thinly sliced	2
1	head red cabbage, thinly sliced	1
1	red bell pepper, finely julienne	1
1	yellow bell pepper, finely julienne	1
2	chilies, finely minced	2
1	large carrot, finely grated with a peeler	1
3	green onions, cut on the bias, all of white part and half of the green	3

- In a small bowl or food processor, combine vinegar, soy sauce, lime juice and oil. Mix well.
- In a large bowl, combine whole mustard, cilantro, mint, ground black pepper, mustard seeds, fennel, red cabbage, red and yellow peppers, chilies, carrot and green onion.
- Pour dressing over slaw and mix well.



**CHEF:**

Lauren Mentiplay

**RESTAURANT:**

Fainting Goat  
2330 Albert Street  
Regina, SK

## *Jalapeño Mustard Sauce*

500 ml	Dijon mustard	2 cups
125 ml	honey	½ cup
125 ml	molasses	½ cup
60 ml	cider vinegar	¼ cup
1-2	finely minced jalapeños, seeds and ribs removed	
dash	Jack Daniels or Bourbon (optional)	

- In a saucepan, combine Dijon mustard, honey, molasses, cider vinegar, jalapeños and Jack Daniels (optional).
- Bring to a boil.
- Reduce and simmer 10 minutes.

This flavourful sauce goes well with wild boar or pork.

**CHEF:**  
Scott Aspelietter

**RESTAURANT:**  
Fireside Bistro  
2305 Smith Street  
Regina, SK

## *Pork Tenderloin with Grainy Mustard Bleu Cheese Sauce*

4	200 g (7 oz.) pork tenderloin, silver skin removed	4
25 ml	olive oil	2 tbsp.
180 g	35% cream	¾ cup
15 ml	bleu cheese	1 tbsp.
15 ml	grainy mustard	1 tbsp.
	salt and fresh pepper to taste	

- Preheat oven to 190° C (375° F).
- Remove silver skin from tenderloin.
- In a nonstick fry pan, over medium-high heat, heat olive oil. Add tenderloin. Turn to brown on all sides.
- Place tenderloin in preheated oven and bake until desired doneness (see below).
- In a saucepan combine cream, bleu cheese, mustard, salt and pepper and let simmer.
- Stir with whisk.
- When pork is cooked to doneness, remove from oven.
- Slice and pour sauce on top of pork tenderloin.
- Garnish with mustard greens and fresh chives.

Internal temperature of medium pork  
160° F or 70° C

**CHEF:**  
Leo Pantel

**RESTAURANT:**  
Conexus Arts Centre  
2000A Lakeshore Dr.  
Regina, SK

## *Rack of Lamb with a Three Mustard Veneer*

2	6 to 8 bone lamb rack, chine bone removed	2
250 ml	honey	½ cup
250 ml	ball park mustard	½ cup
250 ml	Dijon mustard	½ cup
250 ml	whole grain mustard	½ cup
15 ml	chopped fresh tarragon	1 tsp.
375 ml	bread crumbs	1½ cups
5 ml	fresh chopped parsley	1 tsp.
5 ml	fresh chopped garlic	1 tsp.
pinch	salt and pepper	

- In a bowl, combine honey, ball park mustard, Dijon mustard, whole grain mustard and tarragon.
- Season lamb rack with salt and pepper.
- Brush meaty and underside liberally with honey mustard mixture.
- In a bowl, combine bread crumbs with parsley and garlic.
- Preheat oven to 180° C (350° F).
- Place lamb in roasting pan and bake until medium rare.
- Remove from oven and let rest in a warm area 15 minutes before carving.



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**SASKATCHEWAN  
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