



SASK MUSTARD

SASKATCHEWAN MUSTARD DEVELOPMENT COMMISSION

Modern Mustard





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What is it about mustard that makes it so coveted by chefs and food lovers? Mustard provides liveliness to other flavours without overwhelming. It's truly a spice that inspires.

For today's chef who is looking for healthy accoutrements to wholesome foods, mustard packs a punch. Imagine! A functional and highly nutritious seed that is delicious in its entirety! Try mustard for a taste of tradition and innovation, ancient history and modern inspiration.

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Steelhead Trout with Asian Mustard Dip

1 lb (500 g)	boneless, skinless steelhead trout
2 tbsp (25 ml)	honey
1 tbsp (15 ml)	soya sauce
1 tbsp (15 ml)	dry mustard powder
1 tbsp (15 ml)	canola oil
1/2 tsp (2 ml)	sesame oil
2	cloves garlic, crushed
2 tsp (10 ml)	toasted sesame seeds, garnish
1/3 cup (75 ml)	light mayonnaise
1 tsp (5 ml)	dry mustard powder
1 tsp (5 ml)	red wine vinegar
1 tsp (5 ml)	soya sauce
	few drops sesame oil

- Preheat oven to 450° F (220° C).
- Cut trout into approximately 1 1/4" (3 cm) cubes.
- Combine honey, 1 tbsp (15 ml) soya sauce, 1 tbsp (15 ml) dry mustard, canola oil, sesame oil and garlic in a glass bowl. Mix well.
- Add trout and gently stir to coat.
- Cover and refrigerate 4 to 24 hours.
- To make the dip, whisk together in a small bowl mayonnaise, 1 tsp (5 ml) dry mustard, vinegar, 1 tsp (5 ml) soya sauce and a few drops sesame oil. Cover and refrigerate.
- Line baking sheet with foil and lightly spray with non-stick cooking spray.
- Place trout cubes on foil. Bake 5 to 7 minutes until opaque all the way through.
- Do not overcook. Let rest 10 minutes.
- Arrange cubes on serving plate, sprinkle with sesame seeds and serve with mustard dip.

Serves 8 people

This recipe could also serve as a meal. Prepare 1 lb (500 g) of trout by dividing equally into 3 portions. Marinate and bake until flesh flakes easily, about 10 to 12 minutes.

Per serving (85 g): 169 calories, 13.9 g protein, 5.46 g carbohydrate, 0.1 g fibre, 4.3 g sugar, 10 g fat, 1.4 g saturated fat, 0 g trans fat, 39.3 mg cholesterol, 325 mg sodium



Mustard Chicken



1 tbsp (15 ml)	Brown mustard seeds, ground to a powder with 2 tbsp (25 ml) water
1/2 tsp (2 ml)	turmeric
1/8 tsp (.5 ml)	black pepper
2 1/2 lbs (1.1 kg)	chicken pieces, skinned
2 tbsp (25 ml)	vegetable oil
2 tbsp (25 ml)	fresh minced ginger
2 tbsp (25 ml)	minced garlic
1 tsp (5 ml)	seeded fresh green chillies (sliced)
1/4 cup (60 ml)	water
1/4 lb (.1 kg)	potatoes cut in cubes (3 medium)
1/2 tsp (2 ml)	salt

- Combine mustard paste, turmeric and black pepper in a bowl.
- Add chicken pieces. Toss to well-coat each piece.
- Cover and refrigerate for one hour.
- Heat oil in a deep pan, over medium-low heat.
- Add ginger, garlic and green chillies and cook for 1 minute, stirring constantly.
- Add the chicken and cook until opaque, turning once.
- Add water and lower heat slightly. Cover and simmer 10 minutes. Stir occasionally.
- Add a tablespoon of water to prevent sticking.
- Add potatoes.
- Cover. Simmer 20 to 30 minutes until both chicken and potatoes are tender. Stir occasionally. Add a tablespoon of water, if the mixture sticks to the bottom.
- Add salt and mix well. Remove from heat. Let stand a few minutes. Serve hot.

Serves 6 people

Per serving (283 g): 289 calories, 40.5 g protein, 13.4 g carbohydrate, 1.5 g fibre, 0 g sugar, 7.2 g fat, 1.4 g saturated fat, 0 g trans fat, 122.8 mg cholesterol, 306 mg sodium

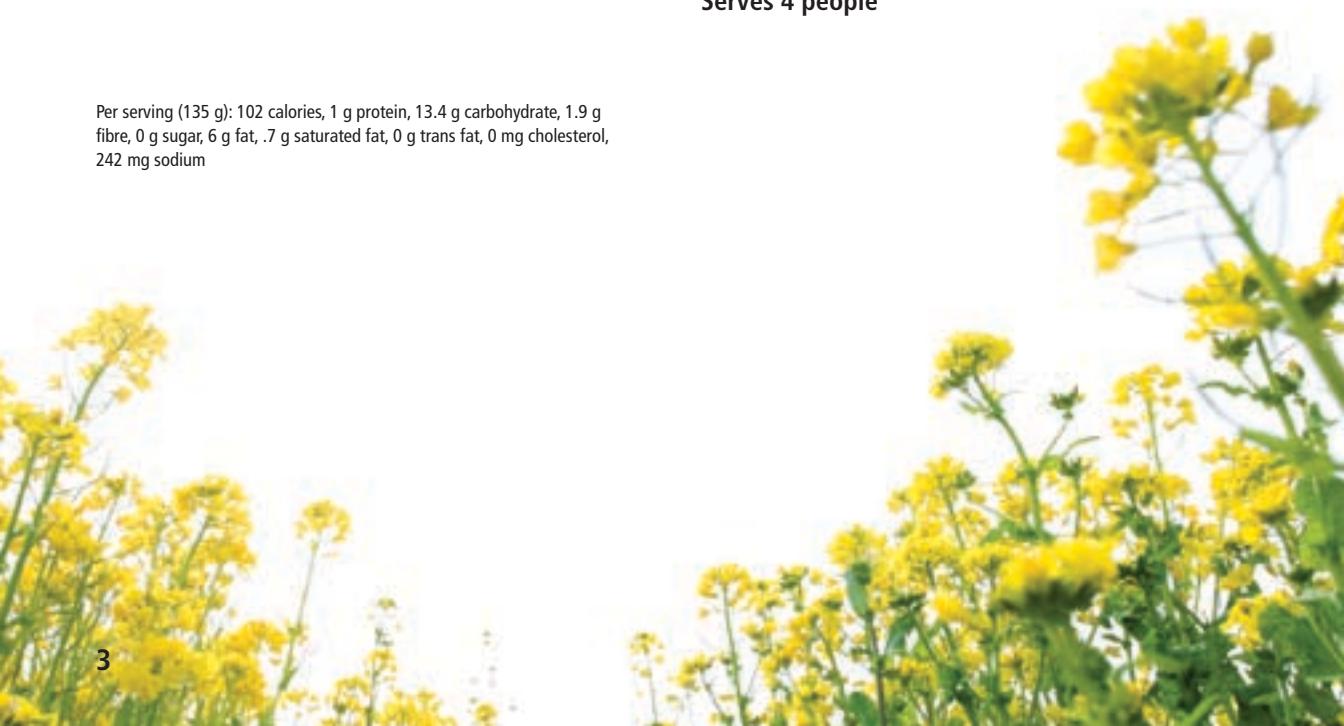
Lime Butternut Squash

2 tbsp (25 ml)	mustard oil
1/2 tsp (2 ml)	Brown mustard seeds
1 tsp (5 ml)	seeded, fresh green chillies
1/2 tsp (2 ml)	turmeric
2 cups (500 ml)	mashed butternut squash
1/2 tsp (2 ml)	salt
3 tbsp (75 ml)	fresh lime juice
	boiled rice

- Heat oil in a skillet over medium-low heat. Heat the Brown mustard seeds, until they start popping.
- Add green chillies and turmeric. Stir to prevent mixture from sticking to pan.
- Add squash and salt.
- Cook 2 minutes, stirring often. Remove from heat. Blend in lime juice.
- Serve over plain rice with green chillies.

Serves 4 people

Per serving (135 g): 102 calories, 1 g protein, 13.4 g carbohydrate, 1.9 g fibre, 0 g sugar, 6 g fat, .7 g saturated fat, 0 g trans fat, 0 mg cholesterol, 242 mg sodium



BBQ Bison Ribeye Steak

2	8 oz (225 g) bison ribeye steaks 1" (2.5 cm) thick
1 tbsp (15 ml)	olive oil
1 tbsp (15 ml)	horseradish mustard
1 tbsp (15 ml)	fresh squeezed lemon juice
1 tsp (5 ml)	grated lemon peel
3	cloves garlic, crushed
1 tsp (5 ml)	crushed oregano
	coarse salt and ground pepper, to taste

- Whisk together olive oil, mustard, lemon juice, lemon peel, garlic and oregano. Reserve 1 tbsp (15 ml).
- Combine steaks and remainder of marinade in a sealable plastic bag.
- Refrigerate 6 to 24 hours, mixing periodically.
- Heat BBQ to medium-high heat and place steaks on grill. Cook 6 to 7 minutes, flip steaks, cook another 6 to 7 minutes for medium rare, or until internal temperature is 155° F (68° C).
- Remove from heat. Tent with foil, and let rest 3 to 4 minutes.
- Season with salt and pepper to taste.
- Drizzle steaks with reserved marinade before serving.

Serves 2 people

Rare steak: remove steak from grill at 135° F (57° C). **Medium steak:** remove steak from grill at 155° F (68° C). **Well-done steak (not recommended):** remove steak from grill at 165° F (72° C). **Allow steaks to sit 3 to 4 minutes. The meat will continue to cook to proper doneness.**

Per serving (252 g): 334 calories, 49 g protein, 3.5 g carbohydrate, 1 g fibre, 0.23 g sugar, 12.5 g fat, 3 g saturated fat, 0 g trans fat, 161 mg cholesterol, 147 mg sodium



Oven-Roasted Root Vegetables

4	small beets, peeled, quartered
3	carrots, peeled, cut into 4 pieces diagonally
3	parsnips, peeled, cut into 4 pieces diagonally
1	small rutabaga, cut into 12 wedges
1	medium onion, peeled, cut into 6 wedges
6	cloves garlic, skinned
1/2 cup (125 ml)	water
1/4 cup (60 ml)	whole grain prepared mustard
2 tbsp (25 ml)	canola oil
2 tbsp (25 ml)	maple syrup
2 tsp (10 ml)	chopped fresh rosemary or thyme
	salt and pepper, to taste

- Preheat oven to 400° F (200° C).
- In a small roaster, combine beets, carrots, parsnips, rutabaga, onion and garlic.
- In a measuring cup, combine water, mustard, oil, maple syrup, rosemary, salt and pepper. Stir well.
- Reserve 2 tbsp (25 ml) dressing. Drizzle remainder over vegetables.
- Cover roaster with lid or foil.
- Bake 1 hour. After 30 minutes remove lid, mix vegetables, return to oven.
- Roast until soft when pierced with a fork and starting to brown, about another 20 minutes.
- Turn vegetables into serving bowl, drizzle reserved mustard dressing over top and toss.

Makes 6 cups (1.5 L) cooked. Serves 6 people

Per serving (275 g): 189 calories, 3.5 g protein, 36.4 g carbohydrate, 7 g fibre, 19.5 g sugar, 4.6 g fat, 0.4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 140 mg sodium



Grainy Cheese Spread

1/2 cup (125 ml)	spreadable, fat-free cream cheese
1/4 cup (60 ml)	tub style, non-hydrogenated margarine
1/4 cup (60 ml)	whole grain prepared mustard
1	green onion, finely chopped
1 tbsp (15 ml)	honey
1 tbsp (15 ml)	tomato paste
1	clove garlic, minced

- Blend together cream cheese, margarine and mustard, in a bowl.
- Add green onion, honey, tomato paste and garlic.
- Stir to mix.
- Serving suggestion: spread 1 tbsp (15 ml) on toasted sausage-style bun. Top with BBQ smokie or Italian sausage.

Makes 1 1/4 cup (300 ml). Serves 20 people

Per serving (13 g): 35.6 calories, 1.4 g protein, 2.16 g carbohydrate, 0.3 g fibre, 0.9 g sugar, 2.5 g fat, 0.4 g saturated fat, 0 g trans fat, 0.5 mg cholesterol, 60.5 mg sodium

Smokey Prairie Butter

- 8** **bison shank bones 2 to 3 inches long and 1 1/2 to 2 inches in diameter (5 to 7.5 cm long and 3.5 to 5 cm in diameter), approximately 2 lbs (1 kg) total**
- 1/2 tsp (2 ml)** **dry mustard powder**
- 1/2 tsp (2 ml)** **paprika, smoked or regular**
- 1 tsp (5 ml)** **smoked salt**
- fresh ground pepper, to taste**
- 1 tbsp (15 ml)** **grainy Dijon-style mustard**
- juniper sprig and berries for garnish**

- Preheat oven to 450° F (200° C).
- Stand bones up on a baking sheet.
- Using your fingers, combine dry mustard and paprika, then lightly sprinkle over top of bones.
- Bake 12 to 14 minutes until marrow is bubbling and brown with no signs of red. Remove from oven and let rest 5 minutes.
- To serve, lightly sprinkle with smoked salt and fresh ground pepper.
- Using a small rounded knife or dessert spoon, scoop out some marrow and spread on a cracker or toasted baguette.
- Spread with about 1/4 tsp (1 ml) of mustard.

Serves 8 people

Per serving (15.5 g): 102 calories, 1.04 g protein, 0.4 g carbohydrate, 0.1 g fibre, 0.2 g sugar, 10.8 g fat, .4 g saturated fat, 0 g trans fat, 0 mg cholesterol, 336 mg sodium

Freezer Cabbage Relish

1	medium cabbage, finely chopped, 14 to 16 cups (3.5 to 4 L)
1	medium onion, finely chopped
1	large red pepper, finely chopped
2	large carrots, shredded
3	cloves garlic, finely chopped
1 tbsp (15 ml)	pickling salt
3/4 cup (175 ml)	granulated sugar
1 tbsp (15 ml)	whole Yellow mustard seed
2 tsp (10 ml)	dry mustard powder
1 tsp (5 ml)	turmeric
1/2 tsp (2 ml)	celery seed
2 cups (500 ml)	vinegar

- In a large mixing bowl, combine cabbage, onion, red pepper, carrot, garlic and salt. Mix well, then let stand 2 hours. Drain well.
- Prepare brine by mixing together sugar, whole and dry mustard, turmeric and celery seed. Stir in vinegar and mix until sugar is dissolved. Pour over cabbage mixture and mix well.
- Pack into freezer containers leaving 1 inch (2.5 cm) space under lids. Freeze.
- To serve, defrost in refrigerator at least 8 hours and then enjoy.
- May need to increase the amount of all vegetables if using a food processor, where the resulting texture may be much finer than if chopped by hand.

**Makes 12 cups (3 L); 2 tbsp (25 ml)
per person. Serves 125 people**

Per serving (51.3 g): 26.5 calories, 0.5 g protein, 6.2 g carbohydrate, 0.9 g fibre,
5 g sugar, 0.2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 181 mg sodium



Golden Peach Cracker Spread

1 tbsp (15 ml)	olive oil
2	cloves garlic, minced
1 tsp (5 ml)	grated ginger
1/2 tsp (2 ml)	curry powder
2	ripe peaches, peeled and diced
2 tbsp (25 ml)	prepared mustard
1 tbsp (15 ml)	honey
1 tsp (5 ml)	white balsamic vinegar
1 pkg (250 g)	low fat cream cheese
2 tbsp (25 ml)	chopped fresh basil or cilantro

- Heat oil in a small sauté pan over medium-low heat.
- Add garlic, ginger and curry powder. Stir 10 seconds.
- Add peaches.
- Increase heat to medium. Stir and cook 3 minutes.
- Add mustard, honey and vinegar. Stir and cook 4 to 5 minutes, breaking up larger pieces of peach, until mixture is thickened.
- Let cool. Refrigerate.
- When ready to serve, place cream cheese on serving plate. Spoon peach spread over top, sprinkle with chopped basil. Serve with crackers.

Makes 3/4 cup (175 ml). Serves 12 people

Per serving (40 g): 69 calories, 2 g protein, 4 g carbohydrate, .3 g fibre, 2.7 g sugar, 5.2 g fat, 2.5 g saturated fat, 0 g trans fat, 13 mg cholesterol, 148 mg sodium



Spiced Vinegar

2 tbsp (25 ml)	mustard seed
2 tbsp (25ml)	whole black peppercorns
1 tbsp (15 ml)	celery seed
1 tbsp (15ml)	turmeric
1 tbsp (15ml)	paprika
1 tsp (5ml)	dill seed
1 tsp (5ml)	whole cloves
1 tsp (5 ml)	allspice
1 tsp (5ml)	dry mustard
8 cups (2 L)	apple cider vinegar
3/4 cup (175 ml)	granulated sugar
3	cloves garlic

Total recipe (2234 g): 850 calories, 12 g protein, 190.6 g carbohydrate, 8.4 g fibre, 143 g sugar, 10.7 g fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 434.5 mg sodium

- Combine mustard seed, peppercorns, celery seed, turmeric, paprika, dill seed, cloves, allspice and dry mustard in stainless steel pot.
- Add apple cider vinegar and sugar. Stir well.
- Heat over medium heat until just coming to a boiling point.
- Pour evenly into 3 1 quart (1 L) jars.
- Slice 1 garlic clove into each jar.
- Screw on lids.
- After 24 hours scoop out garlic slices, replace lids.
- After 3 weeks, line a plastic or stainless steel funnel with a coffee filter to strain. May need to replace the coffee filter a few times. (A plastic or stainless steel sieve can also be used).
- Pour strained vinegar into decorative sterilized jars.
- Use with olive or canola oil drizzled over salad.

Makes 5 cups (1.25 L). Suggested 1 to 2 tbsp (15 to 25 ml) per serving.



Mustard Veggie Dip

1 cup (250 ml)

1 tbsp (15 ml)

1 tbsp (15 ml)

1 tbsp (15 ml)

3 tbsp (45 ml)

1 tsp (5 ml)

1/2 tsp (2 ml)

1/2 tsp (2 ml)

3 tbsp (45 ml)

3 tbsp (45 ml)

light mayonnaise

garlic powder

onion powder

mustard flour

lemon juice

Yellow mustard seed

Oriental mustard seed

Brown mustard seed

pickled banana pepper
rings, drained and chopped

slivered almonds, crushed

- Completely cover mustard seeds with water and let soak for at least 1 hour.
- Drain water and lightly rinse seeds. Drain all excess water before use.
- Mix all ingredients until well blended.
- Refrigerate overnight.
- Serve as a dip with a variety of seasonal raw vegetables.

Makes 1 1/4 cup (300 ml). Serves 10 people

Per serving (30 g): 87 calories, 1.1 g protein, 4 g carbohydrate, 0.5 g fibre, 1 g sugar, 7.7 g fat, 1 g saturated fat, 0 g trans fat, 7 mg cholesterol, 154 mg sodium



Mustard Fruit Dip

1 cup (250 ml)

1 1/2 tbsp (20 ml)

2 tsp (10 ml)

1/2 tsp (2 ml)

2 tbsp (25 ml)

1/4 cup (60 ml)

fat free sour cream

Yellow mustard seed

Oriental mustard seed

Brown mustard seed

dried cranberries, chopped

coconut, unsweetened,
medium shreds

- Completely cover mustard seeds with water and let soak for at least 1 hour.
- Drain water and lightly rinse seeds. Drain all excess water before use.
- Mix all ingredients until well blended.
- Refrigerate overnight.
- Serve as a dip with a variety of seasonal fruit.

Makes 1 1/4 cup (300 ml). Serves 10 people

Per serving (30 g): 53 calories, 1.8 g protein, 6.2 g carbohydrate, 0.7 g fibre, 3 g sugar, 2.4 g fat, 1.4 g saturated fat, 0 g trans fat, 2.2 mg cholesterol, 18.3 mg sodium



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