

Spice Up Your Summer!

Maynard Library

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.

<https://www.thespruceeats.com/history-of-mustard-as-food-1807631>

<https://www.thespruceeats.com/mustard-seed-types-1808086>

<https://www.thekitchn.com/from-the-spice-cupboard-mustard-seeds-ingredient-intelligence-211666>

Note: Your kit contains brown and yellow mustard seeds and ground yellow mustard. Some recipes call for prepared Dijon mustard like Maille or Grey Poupon, not included in your kit.

RECIPES

Basic Mustard Recipe with Variations

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

Servings: 1/2 cup



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

Steps

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.

Homemade German Mustard Pickles (Senfgurken)

<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



Steps

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)

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.

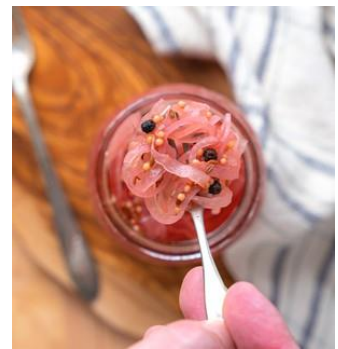
Quick Pickled Red Onions

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

Servings: 10

Ingredients

- 2 Red Onions Medium to large (about 3 cups 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



Steps

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.
- 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.

Mustard Seed Vinaigrette

<https://www.food.com/recipe/mustard-seed-vinaigrette-285418>

Ingredients

- 2 Tbsp olive oil
- 2 Tbsp white wine vinegar
- 2 Tbsp lemon juice
- 2 medium shallots, finely chopped
- 2 garlic cloves, minced
- 3/4 tsp mustard seeds, crushed
- salt and pepper

Steps

1. Mix all ingredients together; refrigerate until serving time.
2. Mix again before serving.

Authentic French Aioli (From Provence)

<https://snippetsofparis.com/aioli-recipe/>



Servings: 4

Ingredients

- 6 cloves of crushed garlic (less to taste)
- 2 egg yolks
- 1 cup of olive oil
- juice of 1/2 lemon
- pinch of salt and pepper
- 1 tsp of Dijon mustard
- (Optional) 3 Tbsp of sriracha

Steps

1. Peel the garlic and then crush it in a mortar with a pestle. `
2. In a bowl, whisk in the egg yolks and gradually add the olive oil until you make a mayonnaise-like sauce.
3. Add in the crushed garlic, salt, pepper, mustard and lemon juice as you mix and whisk until smooth. Whisk in the hot sauce if desired,

Savory Spiced Pecans

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

Servings: 4 cups

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

Steps

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.

Best Egg Salad Toast

<https://food52.com/recipes/80710-deviled-egg-salad-on-toast>

Servings: 12

Ingredients

- 12 large eggs
- 3/4 cup mayonnaise
- 2 Tbsp white wine vinegar
- 1 Tbsp Dijon mustard
- 1 tsp sugar
- 1/2 tsp celery seed
- 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 1/4 tsp black pepper
- 3 ribs celery, finely diced
- 1/4 cup freshly minced chives, plus more for garnish
- 6-8 slices of white bread
- Smoked paprika, for sprinkling

Steps

1. Place the eggs into a pot in a single layer and add enough water to cover them by an inch. Place the pot on the stove top and bring to a boil. Once boiling, turn of the heat, place a lid on the pot and let sit for 10 minutes. After 10 minutes, drain all the water from the pot, place the lid back on it and shake once or twice to crack the egg shells. Place the warm eggs into an ice bath and, while eggs are still slightly warm, peel off the shell.
2. Cut each egg in half. Coarsely chop the egg whites and place into a medium sized mixing bowl. Place the yolks into a food processor with mayonnaise, white wine vinegar, Dijon mustard, sugar, celery seed, salt, pepper and cayenne pepper and puree. Let the mixture

run for a while so that the mixture gets really smooth and silky, about a minute. Once smooth, add the pureed yolk mixture to the chopped egg whites. Add celery and chives and mix until combined. Place into a food storage container and keep refrigerated until ready to serve. This can be made 2-3 days ahead.

3. When you're ready to serve, preheat a broiler. Cut each piece of bread into quarters, diagonally. Place the triangles onto a sheet tray and toast under a broiler and toast. Top each toast triangle with some of the egg salad. Sprinkle a pinch of smoked paprika over top and garnish with chopped chives.

Savory Parmesan French Toast

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

Servings: 2 to 4

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
- 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

Steps

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.

Sour Cream Cucumber Salad with Mustard Seeds

<https://www.thekitchn.com/recipe-sour-cream-cucumber-sal-81943>



Ingredients

- English cucumber, washed and unpeeled
- 3 smooth ordinary slicing cucumbers, washed and peeled
- Fine table salt
- 2 tsp brown mustard seeds
- 4 large shallots, peeled and sliced
- 2/3 cup sour cream
- 1 small handful fresh dill, chopped fine
- Freshly ground black pepper

Steps

1. Chop the cucumbers in half longwise, then into thin half-moons. Layer in a medium-sized bowl, sprinkling each layer lightly with salt. Put two small plates on top then cover the bowl with plastic wrap. Refrigerate for at least an hour, or overnight.
2. Put the cucumbers into a large colander and drain any excess water. Pat lightly with a kitchen towel to remove as much moisture as you can.
3. Heat a small skillet over medium-high heat. Add the mustard seeds and cook, shaking the pan, until the mustard seeds pop just a bit. This should take no more than a minute or two. Take the skillet off the heat and pour the seeds into a plate to cool.
4. Toss the cucumber slices with the shallots, sour cream, and chopped dill. Mix in the cooled mustard seeds. Taste and season with black pepper. You can serve this immediately, or refrigerate it for up to a day before serving.

Welsh Rarebit

<https://www.foodnetwork.com/recipes/alton-brown/welsh-rarebit-recipe-1914850>



Servings: 4 servings as a side dish

Ingredients

- 2 Tbsp unsalted butter
- 2 Tbsp all-purpose flour
- 1 tsp Dijon mustard
- 1 tsp Worcestershire sauce
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- 1/2 cup porter beer
- 3/4 cup heavy cream
- 6 ounces (approximately 1 1/2 cups) shredded Cheddar
- 2 drops hot sauce
- 4 slices toasted rye bread

Steps

1. In a medium saucepan over low heat, melt the butter and whisk in the flour. Cook, whisking constantly for 2 to 3 minutes, being careful not to brown the flour. Whisk in mustard, Worcestershire sauce, salt, and pepper until smooth. Add beer and whisk to combine. Pour in cream and whisk until well combined and smooth. Gradually add cheese, stirring constantly, until cheese melts and sauce is smooth; this will take 4 to 5 minutes. Add hot sauce. Pour over toast and serve immediately.

Cauliflower with Melted Onions and Mustard Seeds

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

Servings: 6

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

Steps

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.

Stir Fried Garlic Spinach with Mustard Seeds

<https://www.serious-eats.com/stir-fried-garlic-spinach-with-mustard-seeds-recipe>

Servings: 1 to 2

Ingredients

- 2 Tbsp vegetable oil
- 1 tsp mustard seeds, preferably brown
- 3 cloves garlic, minced
- 5 ounces fresh baby spinach, washed and dried
- 1 Tbsp Chinese rice wine
- 1/4 tsp rice vinegar
- Kosher salt



Steps

1. Heat a wok on high till smoking, then swirl in oil. Heat till shimmering, about 30 seconds, then add mustard seeds. Stir to coat with oil. When seeds begin to pop, press a lid down in the wok for 10 seconds until popping begins to subside. Remove lid and add garlic, stirring vigorously to evenly distribute heat and keep mustard seeds from burning, until garlic is fragrant (about 30 seconds).
2. Add spinach and stir with tongs to coat in oil. Stir fry until spinach begins to wilt, 1 to 2 minutes, then add rice wine and cook for one minute longer as a thin sauce forms. Remove wok from heat and add rice vinegar and salt to taste. Serve immediately, with rice.

Grilled Shrimp with Mustard-Seed Sauce

<https://www.wholefoodsmarket.com/recipes/grilled-shrimp-mustard-seed-sauce>



Servings: 6 to 8 as an appetizer or 4 as a main

Ingredients

- 2 Tbsp brown mustard seeds
- 2 1/2 tsp tamarind concentrate or paste, or 3 Tbsp lime juice
- 3 Tbsp finely chopped fresh cilantro
- 2 Tbsp melted coconut oil, divided
- 1/2 tsp coarse sea salt, divided
- 1 1/2 pound large shell-on, easy-peel shrimp

Steps

1. Prepare a grill for medium-high heat cooking.
2. Place mustard seeds in a small heavy skillet and cook, shaking skillet frequently, until seeds are toasted and fragrant, about 3 minutes; you can do this on the grill grate or on the stove top over medium-high heat.
3. Cool the seeds slightly, then pulse them in a spice grinder until crushed.
4. Transfer to a large bowl and stir in tamarind, cilantro, 1 Tbsp of the oil and 1/4 tsp of the salt. Set aside.
5. In another bowl, toss shrimp with remaining 1 Tbsp oil and 1/4 tsp salt.
6. Thread shrimp on 6 (12-inch) metal skewers or place them in a grill basket.
7. Grill, turning once or twice, until shrimp are just cooked through, 4 to 5 minutes total.
8. Add to the bowl with mustard seed sauce and toss to coat. Serve hot.

Grilled Deviled Chicken (Poulet a La Moutarde)

<https://www.davidlebovitz.com/deviled-grilled-chicken-poulet-moutarde/>



Ingredients

- 1 Tbsp white wine or vermouth
- 2 1/2 Tbsp Dijon mustard
- 1 1/2 Tbsp melted butter, salted or unsalted
- 2 Tbsp olive oil, plus additional for coating the chicken
- 1/2 tsp dried thyme, or 1 tsp fresh thyme, minced
- Very generous pinch cayenne, red pepper powder, or paprika (sweet or smoked)
- 2 small scallions, chopped
- 8 bone-in, skinless chicken thighs, (about 2 pounds, 1kg)
- 1/4 cup (20g) toasted breadcrumbs, panko, or cracker crumbs
- Salt and freshly ground black pepper

Steps

1. Heat the grill to about 375°F, if your grill has a thermometer. If not, get it moderately hot, but remember that this cooks best over medium, indirect heat.
2. In a small bowl, whisk the white wine and mustard together. Slowly drizzle the butter and olive oil into the mustard mixture, whisking constantly. Add the thyme, cayenne and scallions. Set aside.
3. Toss the chicken thighs in a bowl with a good drizzle of olive oil and salt and pepper.
4. Without unrolling or flattening the thighs, set them on a grill, bone side down over indirect heat, not over a direct flame. Lower the cover of the grill and let cook, checking frequently, until the tops of the thighs go from being raw to changing color with the exterior looking cooked. The inside will still be undercooked, and they will have shrunk by about one-third. They should take about 15 minutes to reach this point. The bottom may be nice and crispy. If they get too dark, slip a sheet of aluminum foil under them.
5. Start basting the chicken frequently with the sauce, closing the cover, then lifting it a few minutes later to baste them again. Continue cooking, and basting a bit, until the thighs are cooked through, which will be between 15 and 20 more.
6. About ten minutes before the thighs are finished, sprinkle the tops with breadcrumbs and keep basting; avoid disturbing the crumb crust and dribble the sauce over the crumbs, rather than brushing. The thighs are done when you poke a paring knife into one and the chicken is cooked close to the bone or an instant-read thermometer inserted into the thickest part registers at least 165°F/75°C. Remove from the grill and serve.

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

Steps

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.

ADDITIONAL RECIPES

This document can be found at <https://www.maynardpubliclibrary.org/spice>

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

<https://www.lovefood.com/recipes/60063/salmon-wholegrain-mustard-and-dill-tartlets-recipe>

<https://www.thespruceeats.com/mustard-marinated-pork-tenderloin-482180>

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

<https://www.harighotra.co.uk/balti-pie-recipe>

<https://www.thespicedlife.com/bengali-inspired-summer-kheema-ground-meat-curry/>
<https://hebberskitchen.com/moong-dal-carrot-salad-hesaru-bele-carrot-kosambari-recipe/>
<https://www.davidlebovitz.com/green-tomato-apple-chutney-recipe/>
<https://www.thespruceeats.com/grilled-salmon-with-lemon-and-dill-3056835>
<https://www.thekitchn.com/recipe-kitchari-recipes-from-the-kitchn-202005#post-recipe-10441>

New York Times Cooking (subscription)

<https://cooking.nytimes.com/recipes/1018344-green-beans-with-mustard-seeds-cashews-and-coconut> (has a video by Melissa Clark)

<https://cooking.nytimes.com/recipes/7757-pork-loin-with-mustard-seed-crust>

SHARING RESULTS

Post a picture of your dish (huge success or epic fail!) on the library's social media (Facebook, Twitter and Instagram) [@maynardpubliclibrary](#) using [#maynardspiceclub](#).

We'll have a potluck buffet and discussion on Saturday, **June 10** @ 12 pm. Feel free to use one of these recipes for your dish or find one on your own.