

Ground Mustard

History & Folklore



Mustard is among the oldest recorded spices as documented in Sanskrit records dating back to about 3000 BCE and was one of the first domesticated crops. There are references to mustard in a story of the Buddha in India in the fifth century BCE. This seed also is mentioned in the Quran and according to Muslim tradition, Muhammad stated that he who has in his heart the weight of a mustard seed of pride would not enter Paradise. Jewish texts compare the knowable universe to the size of a mustard seed in order to emphasize the world's insignificance and to teach humility. In the Bible's New Testament, Jesus likens the Kingdom of God to a grain of mustard seed that grows to become a large plant. The spice was a common item in the earliest Egyptian dynasties and was spread by spice traders and military exploits throughout Europe and Asia. The Spaniards introduced mustard to the Americas, and in California there was a legend that a priest, Father Junipero Serra, would scatter black mustard seeds to mark the routes from monastery to monastery. The Greeks and the Romans used mustard as a medicine as well, considering it as a cure for such contrasting maladies as hysteria to snakebite to bubonic plague. Ancient texts from India contain prescriptions written 5000 years ago providing mustard seed preparations for internal diseases such as for enlargement of the liver and the spleen, as a laxative and to purge toxins out of the body. The seeds were applied externally, mainly for relieving inflammation, skin diseases, mucus flow, and arthritic problems and for stimulating hair growth over the scalp.

Smoky Deviled Eggs

INGREDIENTS

- 6 hard-cooked eggs peeled
- 1/4 cup mayonnaise
- 1/2 teaspoon ground mustard
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon seasoned salt
- 2 slices bacon, crisply cooked and crumbled

INSTRUCTIONS

1. Slice eggs in half lengthwise. Remove yolks; place in small bowl. Mash yolks with fork or potato masher.
2. Stir in mayonnaise, mustard, smoked paprika and seasoned salt until smooth and creamy. Spoon or pipe yolk mixture into egg white halves. Sprinkle with crumbled bacon.
3. Refrigerate 1 hour or until ready to serve.



Prep Time: 10 min

South Carolina Slaw



Total Time: 15 min

INGREDIENTS

- 1/2 head thinly sliced cabbage (about 1 lb.)
- 1 cup grated carrot
- 1/2 cup apple cider vinegar
- 1/4 cup sugar
- 1/4 cup vegetable oil
- 2 Tbsp. Dijon mustard
- 2 tsp. dry mustard
- 1 tsp. celery seeds
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper

INSTRUCTIONS

1. Place cabbage and carrot in a bowl. Whisk together vinegar, sugar, vegetable oil, Dijon mustard, dry mustard, celery seeds, kosher salt, and freshly ground black pepper in a saucepan until sugar dissolves.
2. Bring to a boil over medium-high heat.
3. Pour over cabbage mixture; toss to coat. Serve immediately.

Hamburger Stew



Total Time: 50 min

INGREDIENTS

- 1 1/4 lb. ground chuck
- 1 1/2 tsp. dry mustard
- 1/2 tsp. dried oregano
- 1 1/2 tsp. kosher salt, divided
- 1 cup chopped yellow onion (from 1 small onion)
- 4 medium-size garlic cloves, finely chopped (about 1 1/2 Tbsp.)
- 1 Tbsp. tomato paste
- 2 Tbsp. all-purpose flour
- 4 cups beef broth
- 1 (14.5-oz.) can diced tomatoes, undrained
- 2 Tbsp. ketchup
- 12 oz. baby red potatoes, quartered
- 2 cups frozen mixed vegetables (corn, carrots, and green beans)
- 2 (1 1/2-oz.) hamburger buns, cut into 3/4-in. pieces
- 1 Tbsp. olive oil
- 1/4 tsp. kosher salt

INSTRUCTIONS:

1. Preheat oven to 350°F. Heat a large Dutch oven over medium-high. Add ground chuck, mustard, oregano, and 1 teaspoon of the salt; cook, stirring occasionally, until crumbled and browned, about 8 minutes. Using a slotted spoon, transfer beef mixture to a bowl lined with paper towels, reserving 1 tablespoon drippings in Dutch oven.
2. Return Dutch oven to medium heat, and add onion. Cook, stirring often, until softened, about 4 minutes. Add garlic and tomato paste; cook, stirring constantly, until fragrant and warmed through, about 1 minute.
3. Add flour; cook, stirring often, 1 minute. Add broth, tomatoes, and ketchup, scraping bottom of pan to loosen browned bits.
4. Stir in cooked beef. Increase heat to medium-high, and bring to a boil.
5. Add potatoes and remaining 1/2 teaspoon salt; reduce heat to medium. Simmer until potatoes are tender, about 20 minutes. Stir in mixed vegetables, and cook until warmed through, 2 to 3 minutes.
6. While potatoes cook, toss together bun pieces, olive oil, and salt on a parchment paper-lined baking sheet; spread into a single layer. Bake in preheated oven until golden and crisp, about 10 minutes. Serve with Stew.

Homemade Cheese Crackers



Total Time: 2 hours

INGREDIENTS

- 8 oz. extra-sharp white Cheddar cheese, finely shredded (about 2 cups)
- 1 cup all-purpose flour
- 1/2 cup fine plain white cornmeal
- 1 Tbsp. cornstarch
- 1/2 tsp. kosher salt
- 1/2 tsp. dry mustard
- 1/4 tsp. black pepper
- 1/2 cup cold unsalted butter, cut into 1/2-inch pieces
- 3 Tbsp. water

INSTRUCTIONS:

1. Process cheese, flour, cornmeal, cornstarch, salt, dry mustard, and pepper in a food processor until combined, about 5 seconds. Add butter, and process until mixture resembles wet sand, about 20 seconds. With processor running, add water through food chute; process until dough forms a ball, 10 to 15 seconds.
2. Divide dough in half, and shape each half into a 6-inch log, about 1 3/4 inches in diameter. Wrap logs individually in plastic wrap; chill at least 1 hour or up to 2 days.
3. Preheat oven to 350°F with oven racks in upper and lower thirds. Unwrap logs, and slice into 1/8-inch-thick rounds. Place dough rounds, 1/2 inch apart, on 2 parchment paper-lined baking sheets.
4. Bake in preheated oven until edges are golden brown, about 14 minutes, rotating baking sheets top to bottom halfway through bake time. Cool crackers on baking sheets 5 minutes. Transfer to a wire rack to cool completely, about 20 minutes.