



COOKING *WITH* MUSTARD

RECIPES USING YOUR FAVORITE CONDIMENT



GREEN MOUNTAIN
MUSTARD



ATOMIC ROOSTER CHICKEN SALAD WITH FARM-FRESH VEGETABLES

Prep Time: 15 minutes / Servings: 3

ATOMIC ROOSTER CHICKEN

8 boneless chicken thighs, fat trimmed
1/4 cup olive oil
3 tablespoons Atomic Rooster mustard (you can use another flavor)
Salt and pepper to taste

1. Move your oven rack close to the broiler in the top of your oven.
2. Preheat your oven using the broil setting
3. Combine olive oil, Atomic Rooster Mustard and salt and pepper in a bowl.
4. Spoon over chicken thighs
5. Broil for 35-40 minutes or until crispy.
6. Allow chicken to cool, slice and dice, and set aside.

FARM-FRESH SALAD

2 Atomic Rooster chicken thighs, diced
6 leaves of romaine lettuce, chopped
1/3 of an English cucumber, diced
1 red pepper, diced
3 Tablespoons Spicy Mustard Vinaigrette (see sidebar)

SPICY MUSTARD VINAIGRETTE

2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 tablespoon Atomic Rooster
mustard
1 teaspoon dried oregano
1 teaspoon Sriracha
Salt and pepper to taste

Combine all ingredients in a small
bowl and serve. Keep chilled.



THREE-MINUTE BROCCOLI SLAW RECIPE WITH WHOLEGRAIN MUSTARD

Prep Time: 5 minutes / Servings: 2-4

2 tablespoons of low-fat mayo

2 tablespoons Golden Grain Maple Wholegrain Mustard

1 1/2 teaspoons apple cider vinegar

Salt and pepper to taste

10 oz bag of broccoli slaw mix (available in most grocery stores)

1. Combine first four ingredients in a small bowl.
2. Empty contents of broccoli slaw bag in a another bowl and scoop sauce onto the slaw
3. Mix until combined. Cover and store in the fridge until serving time.



HOT CRISPY BACON & ONION DIP WITH BARN BURNER MUSTARD

Prep Time: 3 minutes / Servings: 2

1 Tablespoon Olive Oil
2 Strips of Thick-Cut Bacon, diced
8 oz can of Sour Cream
3 Tablespoons of Barn Burner Mustard
1 Tablespoon of Dried Chopped Onion
Salt & Pepper to taste

1. Heat olive oil in pan
2. Add bacon and cook until crispy. Set aside.
3. In a small bowl, mix sour cream, mustard, and dried onion until combined.
4. Add salt and pepper to taste
5. Mix in all but 2 tablespoons of bacon into the sour cream mixture.
6. Garnish with remaining bacon.

NOTE: I served this with wholegrain crackers, but it would be great with fresh veggies or pita slices.



DELI DIRT PASTA SALAD WITH CORNED BEEF AND BROCCOLI

Prep Time: 10 minutes / Servings: 6-8

1/4 cup olive oil
3 garlic cloves, chopped
1 small red onion, finely chopped
2 cups of broccoli florets
1 cup sliced carrot
1 cup cubed corned beef (or chicken breast, salami, pastrami, etc)
1/2 cup Green Mountain Mustard - Deli Dirt (but you can use any)
1 tsp Italian season (optional)
1/2 lb pasta (we used funny-shaped pasta)

1. Cook the pasta while you're prepping everything else in a large saute pan.
2. Saute onion and garlic in the olive oil for 2-3 minutes
3. Add carrots and saute for a couple more minutes
4. Add broccoli and cook until bright green
5. Add corned beef, mustard, and Italian seasoning and saute for a couple more minutes
6. Toss in the cooked pasta and serve

NOTES:

You can also refrigerate this salad overnight to let the flavors meld. It's just as awesome served cold the next day for lunch. Oh, and feel free to use any other veggies you'd like.



CLASSIC DELI DIRT SANDWICH WITH SWEET RELISH, PASTRAMI & SWISS

Prep Time: 3 minutes / Servings: 1

2 slices of bread (your choice)
3 tablespoons Deli Dirt Everything Bagel Mustard
3 thin slices of swiss cheese
6 slices of turkey pastrami
4 tablespoons sweet relish (store-brand is fine)

1. Spread Deli Dirt on one side of the bread.
2. Add swiss cheese and pastrami
3. Spread sweet relish on the other piece of bread
4. Place both pieces of bread together, slice, and dive in.

NOTE: Serve with chips or french fries. You could also make this a grilled cheese. That would just bring this sandwich into the stratosphere.



DOUBLE BURN TUNA SANDWICH WITH BARN BURNER MUSTARD

Prep Time: 3 minutes / Servings: 2

2 English Muffins
1 Can of White Albacore Tuna
3 Tablespoons Barn Burner Mustard (split up)
2 Tablespoons Habanero BBQ Sauce (plus more for the sandwich if you want)
1 Tablespoon Mayonnaise
3 Large Lettuce Leave, Hand-torn
Sliced Onion

1. Slice English Muffins in half.
2. Spread 1 tablespoon of Barn Burner Mustard on one side of the English Muffin.
3. Mix tuna with remaining Barn Burner Mustard, Mayo, and BBQ Sauce
3. Divide in two and spread on each sandwich.
4. Top with lettuce, onion, and more BBQ sauce if you'd like.

NOTES:

I made this in a snowstorm, so while some of the ingredients aren't in the picture, it will make the sandwich that much more awesome.



SPICY GARLIC & MIXED VEGETABLE FRIED QUINOA WITH CASHEWS

Prep Time: 30 minutes / Servings: 4-6

2 cups of cooked quinoa
2 tablespoons spicy garlic oil (or regular olive oil)
1 medium onion, diced
5 cloves of garlic, diced
1 tablespoon sesame oil
1 tablespoon soy sauce
1 tablespoon dried red pepper flakes
2 cups mixed frozen veggies, steamed
1 cup of crushed cashews
1/4 cup of Clove Encounter Garlic & Oregano mustard

1. Prepare quinoa as stated on package
2. Add garlic oil to medium saute pan on medium-high heat.
3. Add onion & garlic -- soften. Add sesame oil, soy sauce, and red pepper flakes. Mix together.
4. Add quinoa and mix together. Make sure the quinoa doesn't burn.
5. Prepare frozen vegetables as directed.
6. Mix in vegetables and cashews.
7. Finally, add garlic mustard, mix together, and serve.

NOTE: This is even better the day after since the flavors meld together. Feel free to make this a day in advance.



KIELBASA SKILLET WITH HORSERADISH MUSTARD & BACON

Prep Time: 25 minutes / Servings: 4-6

1 pound red potatoes, cubed
3 tablespoons water
3/4 pounds kielbasa cut into 1/4" slices
1/2 cup chopped onion
1 tablepoons olive oil
2 tablespoons brown sugar
2 tablespoons cider vinegar
2 tablespoons horseradish mustard
1/2 teaspoon dried thyme
1/4 teaspoon pepper
4 cups spinach (optional)
5 strips of bacon (use high quality, smoked bacon)

1. Place potatoes and water in microwave-safe bowl. Cover and microwave on high for 4 minutes - until tender - and drain.
2. Saute kielbasa and onion in oil until onion is tender. Add potatoes. Saute 3-5 minutes longer until kielbasa is browned.
3. Combine the brown sugar, vinegar, mustard, thyme, and pepper. Stir into skillet and bring to a boil. Reduce heat and simmer, uncovered, 2-3 minutes.
4. Add spinach (optional) and bacon until spinach is wilted.



15-MINUTE MAPLE MUSTARD CHICKEN WITH SPINACH SALAD

Prep Time: 10 minutes / Servings: 2

MAPLE MUSTARD CHICKEN

1 Tablespoon olive oil
2 chicken breasts, diced
Salt and pepper
2 Tablespoons Maple Syrup, Grade B
2 Tablespoons Green Mountain Mustard - Basecamp Sweet Hot Mustard
1/2 Teaspoon Chili powder
Directions:

1. Add oil to pan and preheat.
2. Dice chicken breast up and season with salt and pepper on both sides.
3. In small bowl, mix maple syrup, mustard, and chili powder. Set aside.
4. Add chicken to pan, browning on both sides.
5. Add maple mustard mixture and turn chicken to coat.
6. Serve over spinach salad (recipe follows)

SPINACH SALAD

2 cups loose spinach leaves
1/4 cup crushed candied walnuts
2 Tablespoons crumbled feta
2 Tablespoons olive oil & balsamic vinegar, plus salt & pepper to taste



WEEKNIGHT CHICKEN WITH ITALIAN HERBS & GOLDEN GRAIN MUSTARD

Prep Time: 10 minutes / Servings: 1-2

1 Chicken Breast Diced into 1/2" pieces
Salt and Pepper
2 teaspoon garlic powder
2 tablespoons olive oil
1 teaspoon dried thyme
1 teaspoon dried rosemary
1 heaping tablespoon Golden Grain Mustard

1. Dice chicken and season with salt, pepper, and garlic powder
2. Place chicken in hot pan with olive oil and spread out
3. Coat chicken with herbs and let brown for about 5-7 minutes
4. Add wholegrain mustard and mix together until a nice brown crust forms – another 3-5 minutes

NOTES

I served mine with spiced couscous and a humongous pile of steamed broccoli from the farmer's market. Enjoy!



SWEET ONION MOUNTAIN BURGER WITH AGED VERMONT CHEDDAR

Prep Time: 10 minutes / Servings: 4

1.5 pounds ground chuck (85/15)
2 Tablespoons breadcrumbs
2 Tablespoons Horsepower Mustard (or your favorite flavor)
1/2 Sweet onion, finely diced
1 Tablespoon butter, melted
Fresh ground salt & pepper to taste
6 Slices of Aged Vermont Cheddar
4 Ciabatta rolls

1. Place ground chuck in a medium mixing bowl.
2. Add breadcrumbs, mustard, sweet onion, and butter. Mix together with your hands
3. Use fingers to divide meat into four patties
4. Make patties, making sure not to over-work the meat.
5. Just before placing on the grill, heavily season one side with salt and pepper*.
6. Preheat grill to medium heat and clean.
7. Place burger patties salt-side down and season the other side.
8. Flip burgers once - about 5-7 minutes on each side until desired temperature is reached
9. Just before removing, add slices of cheddar and let melt.
10. Place burgers on ciabatta rolls and top with more mustard, sliced onion lettuce, and tomato



JEANNE & ED'S PARTY EGGS WITH NO MAYO. JUST MUSTARD.

Prep Time: 15 minutes (with hard-boiled eggs) / Servings: 24

12 Hard-boiled eggs
1/3 cup Green Mountain Mustard (your choice)
1 teaspoon white vinegar
1 teaspoon salt
Paprika (for garnish)

1. Slice eggs in half lengthwise; remove yolks and set whites aside.
2. In a small bowl, mash yolks with a fork. Add mustard, vinegar, and salt. Mix well.
3. Pipe yolk mixture into egg whites.
4. Sprinkle with paprika. Refrigerate until serving.

NOTE: If you're watching your sodium intake, you can eliminate the salt. We recommend using Barn Burner mustard, but you're welcome to use any flavor you'd like! A combination is fun, too.



CLASSIC ROASTED POTATOES WITH MAPLE WHOLEGRAIN MUSTARD

Prep Time: 60 minutes (includes baking time) / Servings: 4-6

Non-stick spray
1/2 cup Maple Wholegrain Mustard
2 tablespoons olive oil
2 tablespoons butter, melted
2 tablespoons lemon juice
3 garlic cloves, minced
1 tablespoon dried oregano
1 teaspoon grated lemon peel
1 teaspoon salt
3 pounds mixed, unpeeled red & white potatoes, cut into wedges

- 1, Preheat oven to 425 degrees
- 2, Spray rimmed baking sheet with non-stick spray
- 3, Whisk mustard, olive oil, butter, lemon juice, garlic, oregano, lemon peel, and salt, in large bowl to blend.
4. Add potatoes, sprinkle with black pepper and toss to coat.
5. Spread potatoes on single layer on baking sheet.
6. Roast potatoes for 20 minutes. Open oven and reverse baking sheet.
7. Roast until potatoes are browned and tender inside (poke with fork) -- usually about 25 minutes longer.



SWEET SOMBRERO & BACON CHEDDAR GRILLED CHEESE

Prep Time: 5 minutes / Servings: 2

4 slices of sicilian bread (it makes the best grilled cheese)
2 tablespoons of butter
4 huge hunks of Cabot's Bacon Cheddar
4 tablespoons of Sweet Sombbrero Jalapeno Mustard

1. Butter one side of all four piece of bread.
2. Place bread, butter-side down, in a small saute pan.
3. Spread mustard on the bread and add your cheese. Top with other slice of bread.
Brown the bread until it's golden and awesome.
4. Place lid on saute pan to better melt the cheese.
5. Cut (the diagonal way) and serve.



SLOW-COOKED STEW BEEF WITH WHOLEGRAIN MUSTARD & NOODLES

Prep Time: 3 hours / Servings: 4-6

3 Tablespoons olive oil
1 Large onion, finely diced
3 Garlic cloves, minced
2 Pounds beef chuck, in 1-inch cubes
2 Tablespoons flour
Salt & freshly ground pepper
1/2 Cup cognac, brandy, or red wine
2 Cups unsalted beef stock
1/2 Cup Garlic & Oregano Mustard
4 Tablespoons Wholegrain Mustard
4 Medium carrots, peeled and cut into half-moons
2 Tablespoons butter or olive oil
1/2 Pound mushrooms, stemmed, cleaned, and quartered
1/4 Cup red wine

1. Heat dutch oven on medium-high heat. Add olive oil, onion, and garlic cloves. Soften and set aside.
2. Dust beef with flour and season with salt & pepper. Cook until well browned on all sides. Remove from pan and set aside.
3. Add wine to pan to deglaze. Add mustard in and mix. Add beef and onion mixture.
4. Lower heat and simmer until meat is tender - about 1 1/4 hours. If it gets thick, add water until you reach desired thickness.
5. Add carrots and simmer for another 40 minutes.
6. Add oil to pan and saute mushrooms. Stir with red wine and simmer for a minute. Serve over noodles, quinoa, or rice.



MICHAEL'S FAVORITE OMELETTE WITH GOLDEN GRAIN MUSTARD

Prep Time: 5 minutes / Servings: 1

1 Tablespoon hot & spicy garlic oil (you can use olive oil)
3 large eggs
2 Tablespoons water
2 Tablespoons Green Mountain Mustard - Golden Grain
Fresh-cracked salt and pepper

1. In a saute pan, add the olive oil and place burner on medium-high heat
2. Beat eggs and water
3. Add wholegrain mustard, salt, and pepper (a seasoning blend also works) and beat again. Do not over beat.
4. Add egg mixture to pan and make scrambled eggs like you always have.

NOTES

I serve my eggs over a bed of fresh spinach with cut-up apple slices. You could also add in extra sharp cheddar. Plus, substitute the water for a tablespoon of heavy cream to make your eggs creamier. That would just put these eggs over the top.



SWEET SOMBRERO TACO BAKE WITH DICED JALAPENOS

Prep Time: 15 minutes / Servings: 8-10

2 tablespoons olive oil
1/2 large onion, diced
3 cloves of garlic, minced
3 fresh jalapeno peppers, seeded and diced
2 pounds of ground beef
1 packet of taco seasoning
1/2 cup Sweet Sombrero Jalapeno Mustard
One 16-oz can of diced tomatoes (or your favorite salsa)
1/2 bag of crushed tortilla chips (I used Green Mountain Salsa's Tortilla Strips)
1 cup shredded cheese - taco blend
Salsa for garnish

1. Preheat oven to 350 degrees
2. Heat large saute pan on medium-high heat. Add olive oil, onion, garlic and jalapenos. Cook until translucent and softened.
3. Brown ground beef and add the taco packet. Mix together.
4. Place ground beef in a 9x13 inch baking dish and press down.
5. Spread mustard across the top with a spatula. Add diced tomatoes, tortilla chips, and shredded cheese.
6. Place in oven and bake for 20-25 minutes until cheese is bubbly and golden brown.
7. Cut into squares and serve with extra salsa on the side.



SEND US YOUR RECIPE

While we love to cook, we also love to hear from you! What are you doing with your mustard? Let us know - email your recipes to michael@buymustard.com and we'll post them on Facebook, Twitter, and our website.

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