



# COOKING *WITH* MUSTARD

150 RECIPES USING YOUR FAVORITE CONDIMENT



**GREEN MOUNTAIN  
MUSTARD**

[BUYMUSTARD.COM](http://BUYMUSTARD.COM)



# GREEN MOUNTAIN MUSTARD

## Mustard is better than ketchup.

Pretty sure you know that.

It comes in a whole multitude of flavors and makes hot dogs, sausages, and cheese plates sing. Plus, you can't have a pastrami on rye without mustard! Seriously.

**But, mustard is more versatile than that.** It goes far beyond your every-day sandwich. Think mashed potatoes, mac & cheese, and even cheeseballs.

The cookbook that follows is a collection of 150 mustard recipes from my own experimentation at Green Mountain Mustard and recipes many food bloggers have created. (And don't worry - they're all credited with a link back to their site).

This is your chance to make mustard a part of your daily cooking regimen. It's versatile. It's spicy. And it's packed with flavor.

Explore the recipes in this book. Start with one. Enjoy it with friends & family. Then move to the next recipe. I've tested a lot of the recipes in this book and they're all awesome.

Enjoy!

Michael Adams, Founder  
Green Mountain Mustard  
[BuyMustard.com](http://BuyMustard.com)

PS: Share your recipes on Instagram and Facebook with **#lovemustard** - I'd love to see what you've created.

PPS: Running out of mustard? I've included a **20% off coupon for your first purchase** at the end of this cookbook as a thank you to helping my family and I build our mustard empire.

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# Apple Cinnamon Mustard Dip with Chopped Pecans

## Ingredients

- 1 block softened cream cheese
- 3 Tablespoons Adams Apple -- Apple Cinnamon Mustard
- 1 teaspoon Vietnamese Cinnamon
- 1 tablespoon Vermont maple syrup
- 1/2 cup chopped pecans
- Whole pecans for garnish
- Dipping things (apples, animal crackers, etc.)

## Directions

1. Mix it all in a bowl
2. Serve
3. If you are keeping it overnight make sure to refrigerate it

This recipe is from

<http://www.buymustard.com/blogs/recipes/15384293applecinnamonmustarddipwithchoppedpecans>



# Triple Clove Garlic Bread with Clove Encounter Garlic Mustard

## Ingredients

- 1 Loaf of Italian bread (I used a roasted garlic version)
- 2 Tablespoons roasted garlic olive oil
- 2 Tablespoons melted butter (optional)
- ¼ Cup Clove Encounter Garlic & Oregano Mustard
- 2 Tablespoons Italian seasoning
- 1 Teaspoon garlic powder
- 1 Teaspoon red pepper flakes (optional)
- ½ Cup grated Romano cheese

## Directions

1. Turn oven to broil
2. Cut bread lengthwise and place cut-side up on a baking sheet
3. Drizzle olive oil over the bread
4. Mix together mustard and butter (if using) and spread on both sides
5. Sprinkle Italian seasoning, garlic powder, and pepper flakes onto bread
6. Place in oven for 5-7 minutes until bread is browned on the edges
7. Remove from oven and top with cheese
8. Return the bread to the oven for 2-3 minutes until cheese is melted
9. Place one half on top of the other, slice, and serve

This recipe is from

<http://www.buymustard.com/blogs/recipes/13901349triplecloveggarlicbreadwithcloveencountergarlicmustard>

# Aged Cheddar Biscuits with Garlic Mustard Butter Sauce

## Ingredients

- **For the Garlic Mustard Butter Topping:**
- 3 Tablespoons unsalted butter, cut into small pieces
- 3 Tablespoons Clove Encounter Garlic & Oregano Mustard
- ¼ teaspoon salt
- **For the Biscuits:**
- 4 ½ Cups all-purpose flour, plus extra for flouring your work space
- 1 Teaspoon baking soda
- 1 Tablespoon plus 2 teaspoons baking powder
- 1 Teaspoon salt
- 2 Teaspoons sugar
- 1 Teaspoon garlic powder
- 1 Tablespoon Italian seasoning
- 1 Cup solid vegetable shortening
- 2 ½ Cups buttermilk
- 1 Cup shredded sharp cheddar cheese

## Directions

1. **To make the Garlic Mustard Butter:** Combine all ingredients in small bowl.
2. Microwave on high for 45 seconds. Mix again and set aside. Reheat just before taking biscuits out of the oven.
3. **To make the Biscuits:** Preheat the oven to 425°F
4. In a large bowl, sift together the flour, baking soda, baking powder, salt, sugar, garlic powder, and Italian seasoning. (If you don't have a sifter, you can use a whisk.)
5. Add the vegetable shortening. Using a pastry cutter, or holding a butter knife in each hand, cut through the shortening and flour in an X-shaped motion until the shortening is mixed in. Be careful to break up any large pieces. You should end up with lots of little pebbles.
6. Add the buttermilk and use your hands to mix everything together, turning the mixture until it forms a dough. Then keep turning and kneading until you've got a roughly shaped ball of dough. If things get sticky, add a little bit of flour.
7. Add the cheese and mix into the dough ball.
8. Flour a board or countertop well, and turn the dough out on it.
9. Flour your rolling pin, and then roll the dough out until it forms a round about ½ inch thick. Fold the dough round into thirds, like you're folding a business letter. Slap the dough down hard with the palms of your hands to really bring it together, and then roll it out and fold it in again. Do this 7 times in all, skipping the folding step the seventh time. Re-flour the work surface, the dough, and the rolling pin as you go.

-Continue-

10. Flour a 3 ½ inch round pastry cutter, and cut out as many rounds of dough as possible (you should have 8 to 10 or so) Reflour the cutter as you go. (When we make these at the restaurant, we usually bake off the leftover pieces and eat them ourselves)
11. Cover a baking sheet with parchment paper, lay the biscuits on it, and put it on the middle oven rack. At about the 10-minute mark, turn the baking sheet so that all the biscuits bake evenly.
12. When the biscuits are baked through and the tops are golden-brown (about 20 minutes), pull them out of the oven. Using a big pastry brush, coat the tops of the biscuits with the garlic mustard butter. The biscuits will be very soft and flaky inside, with just a little bit of crispness on the outside. Serve them while they're hot.

This recipe is from

<http://www.buymustard.com/blogs/recipes/13850225agedcheddarbiscuitswithgarlicMustardbuttersauce>

# The Best Deviled Eggs without Mayo - Just Mustard

## Ingredients

- 12 Hard-boiled eggs
- 1/3 Cup Green Mountain Mustard
- 1 Teaspoon white vinegar
- 1 Teaspoon salt
- Paprika (for garnish)

## Directions

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

This recipe is from

<http://www.buymustard.com/blogs/recipes/12656857thebestdeviledeggswithoutmayojustmustard>



# Hot Crispy Bacon & Onion Dip with Barn Burner Mustard

## Ingredients

- 1 Tablespoons 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

## Directions

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

This recipe is from

<http://www.buymustard.com/blogs/recipes/12095669hotcrispybacononiondipwithbarnburnermustard>

# Quick & Healthy Mustackers

## Ingredients

- 1 Sleeve of Ritz Crackers
- 12 Tablespoons Green Mountain Mustard

## Directions

1. Sandwich one tablespoon of mustard between two crackers

This recipe is from

<http://www.buymustard.com/blogs/recipes/11834201quickhealthymustackersperfectforthesuperbowl>

# Sticky Holiday Cocktail Sausages with Maple Syrup & Whole Grain Mustard

## Ingredients

- ¼ Cups maple syrup
- ¼ Cup low sodium soy sauce
- ¼ Cup whole grain mustard
- 1 Tablespoon canola or vegetable oil
- 2 Teaspoon dried rosemary
- Freshly cracked pepper
- 2- 14oz. packages cocktail sausages
- Large, round loaf of bread (scooped out) for serving

## Directions

1. Preheat oven to 400°
2. Line a 9x13 pan with foil and coat the foil in non-stick spray
3. Combine the syrup though pepper in a large bowl
4. Add the sausage and stir to coat
5. Pour the sausages and sauce in the prepared pan
6. Bake for 25-35 minutes, stirring after 15 minutes, until the sausages are browned and the sauce has thickened
7. Pour the sausages and sauce into the bread bowl to serve

This recipe is from

<http://www.pbpickles.com/2013/12/nigellanoshtickyholidaycocktailsausageswithmaplesyrupwholegrainmustard/>

# Pistachio Cranberry Cheese Log

## Ingredients

- 1 Bar (8 ounces) cream cheese, room temperature
- 1 Cup coarsely grated sharp white cheddar (4 ounces)
- 2 Tablespoons Dijon mustard
- 2 Teaspoons Worcestershire sauce
- Sea salt and ground pepper
- 1 Cup shelled unsalted pistachios, chopped
- 1 cup dried cranberries
- Assorted crackers, for serving

## Directions

1. In a medium bowl, mix cream cheese, cheddar, Dijon, and Worcestershire until well combined; season with salt and pepper
2. Cover then refrigerate for 1 to 2 hours
3. Toast pistachios over medium heat, stirring frequently, until fragrant and golden, about 7 minutes; set aside and let cool
4. Once cooled mix in bowl with dried cranberries
5. Transfer cheese mixture to a piece of waxed paper; using paper, shape into a 6" long log. Roll in pistachios/cranberries mixture, pressing them firmly to adhere
6. Wrap log in a fresh piece of waxed or parchment paper and place back into refrigerator for an additional 1 to 2 hours (or up to 1 day) to firm
7. Serve with crackers

This recipe is from

<http://madebygirl.blogspot.com/2013/12/foodpistachiocranberrycheeselo.Html>

# Andouille, Apricot Chutney, & Wholegrain Mustard Naan Toasts

## Ingredients

- ½ Pound Andouille sausage link, sliced into rounds
- 3 Tablespoons wholegrain mustard
- ¼ Cup apricot chutney
- 2 Pieces naan bread, cut into 3-inch rounds
- 1 Tablespoon olive oil
- Salt and pepper
- Parsley, garnish

## Directions

1. Preheat oven to 400 degrees. Spray a baking sheet with non-stick cooking spray. Place naan circles on baking sheet. Drizzle tops with olive oil, salt and pepper. Bake in the oven for 5 to 7 minutes or until golden brown. Remove and set aside
2. Preheat a skillet to medium heat. Place Andouille rounds in skillet and sauté on both sides until golden brown. Remove from heat and set aside
3. To serve: spread the apricot chutney on top of the naan. Place one Andouille slice on top of the chutney and dollop some of the whole grain mustard on top. Garnish with fresh parsley

This recipe is from

<http://www.climbinggriermountain.com/2014/01/andouilleapricotchutneywholegrainmustardnaantosts.html>

# Brown Sugar-Dijon Brie

## Ingredients

- ½ Cup sliced almonds, divided
- ½ Cup packed brown sugar
- 1 Tablespoons Dijon mustard
- 1 4in. round (8oz.) Brie cheese with rind, room temperature
- 1 Loaf (16oz.) French baguette
- Vegetable oil

## Directions

1. Preheat oven to 425°F. Coarsely chop 1/4 cup of the almonds using Food Chopper. In Small Batter Bowl, combine chopped almonds, sugar and mustard; mix well using Skinny Scraper.
2. Cut Brie in half horizontally using Utility Knife. Place one half of Brie, cut side up, onto center of Large Round Stone with Handles. Spread half of the sugar mixture evenly over bottom half of Brie using Small Spreader. Top with remaining half of Brie, cut side up. Spread remaining sugar mixture over Brie; sprinkle with remaining almonds.
3. Using Bread Knife, cut baguette on a bias into twenty-four 1/4-inch-thick slices. Arrange baguette slices around Brie; spray with oil using Kitchen Spritzer. Bake 8-10 minutes or until baguette slices are golden brown and Brie begins to soften. Remove from oven; let stand 5 minutes before serving

This recipe is from

<http://www.pamperedchef.com/recipe/Appetizers+%26+Snacks/Brown+SugarDijon+Brie/81567>



# German Nachos

## Ingredients

- 3 Large Potatoes
- 2 Tablespoons olive oil
- 1 tablespoon Deli Dirt mustard
- 1 Sausage, sliced
- ½ -1 Cup sauerkraut
- 1 Tablespoon butter
- 1 tablespoon flour
- 1 Cup milk
- 3 oz. Muenster cheese
- Salt and pepper to taste

## Directions

1. Preheat the oven to 425°F. Slice potatoes into fry shape.
2. Toss with 2 tbsp. of olive oil and 1 tbsp. of Deli Dirt. Sprinkle with salt and lay on a cooling rack that is placed over a baking sheet. This will help your fries get crisp all around and keep the bottoms from burning.
3. Bake 30-40 minutes or until fries are golden and crispy.
4. 10 Minutes before your fries are ready to go brown your sausage in a pan and set aside. Then make your sauce.
5. Melt butter in a sauce pan, add flour and stir together. Cook for 2 minutes or until golden. Stream in milk very slowly while whisking to break up any clumps that form. Once you've added all the milk and whisked smooth. Whisk in the mustard and cheese. Add salt and pepper to taste.
6. Now assemble. Lay some fries on a plate. Top with sauerkraut (you'll note in the recipe I said 1/2-1 cup, because I love sauerkraut and ended up adding a ton more after I photographed, but if you don't care for it as much, add less) and sausage, then drizzle with cheese sauce. Serve immediately

This recipe is from

<http://foodologie.com/2014/02/18/germannachosishbakedfrieswithsauerkrautsausageandmuenstercheesesauce/>

# Cheddar Ale Spread

## Ingredients

- 8 oz. cream cheese
- 2 teaspoons Dijon mustard
- 2½ cups shredded extra-sharp cheddar cheese
- 2 tablespoons heavy cream
- ¼ teaspoon salt
- ¼ cup beer (pretty much anything but a light beer)
- 2 tablespoons chopped fresh parsley

## Directions

1. Combine the cream cheese, mustard, cheddar cheese, cream, and salt in a food processor.
2. Process for 30 seconds, add the beer, and continue processing until very smooth.
3. Pulse in the parsley until just dispersed

This recipe is from <http://www.browneyedbaker.com/cheddaralespread/>

# Oktoberfest German Beer Cheese Spread

## Ingredients

- 16 ounces (454) sharp cheddar cheese, cut into ½-inch cubes
- 1 tablespoon Worcestershire sauce
- 1½ teaspoons yellow mustard
- 1 clove garlic, minced
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper
- ¾ cup German beer

## Directions

1. Place the cubed cheese in the bowl of a food processor and pulse until finely chopped, about 10 pulses.
2. Add the Worcestershire sauce, mustard, garlic, salt and pepper to the cheese and begin to process. While processing, pour the beer through the feed tube in a steady stream and process until the mixture reaches a smooth consistency, about 30 to 45 seconds.
3. Refrigerate for at least 1 hour before serving. Serve with pretzels, crackers or pumpernickel bread. The spread can be kept in an airtight container or wrapped in plastic wrap in the refrigerator for up to 5 days.

This recipe is from <http://www.browneyedbaker.com/oktoberfestgermanbeercheesespread/>

# Honey-Mustard Bread

## Ingredients

- 1 1/2 c Bread flour
- 3/4 c Wheat flour
- 1 tb Dry milk
- 3 tb Honey
- Bouillon cube, crushed
- 2 tb Dijon Mustard
- 1 tb Vinegar added to
- Water to make 3/4 cup
- 2ts Active dry yeast

## Directions

1. Put ingredients into bread maker oven as your maker's instructions specify.
2. In the Panasonic, the liquid goes in last and the yeast goes into the yeast dispenser

This recipe is from <http://www.recipesource.com/bakedgoods/breads/15/rec1552.html>

# Sweet Mustard Pickles

## Ingredients

- 1 medium cauliflower
- 8 oz. green beans
- 1 lb. white onions
- 1 small red bell pepper
- Salt
- 1 cup all-purpose flour 1 cup
- 3 tablespoons ground mustard
- 2 1/2 cups sugar
- 1 tablespoon turmeric
- 1 teaspoon curry powder
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground ginger
- 1 cup water
- 5 cups white vinegar

## Directions

1. Break the cauliflower into small flowerets.
2. String and cut beans into 1/2 inch lengths.
3. Peel and cut the onions into quarters.
4. Finely cut the red bell pepper.
5. Partially boil all the vegetables in salted water, separately, to retain color.
6. Strain and spread vegetables on a clean tea towel to dry, keeping the colors separated.
7. Clean and sterilize 7-8 pint jars.
8. Place dry sauce ingredients into a large, heavy-based saucepan and mix well.
9. Add the water and some vinegar gradually to form a smooth paste, free of lumps. Add the rest of the vinegar.
10. Stir over low heat until the sugar is dissolved. Bring the sauce to a boil then simmer gently for 3-5 minutes, stirring continuously.
11. Add the dried out vegetables. Salt to taste. Heat slowly, and boil for 1 minute.
12. Carefully ladle mustard pickles into hot, sterilized jars, leaving 1/2 inch of headspace. Remove air bubbles. Wipe the lids and adjust the lids. Process in a boiling water canner for 20 minutes.

This recipe is from <http://www.cookiesorbiscuits.com/?p=1146>

# 15 Minute Mushroom Melts with Mustard Aioli

## Ingredients

- 8 ounces sliced cremini mushrooms
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 3 garlic cloves, minced or pressed
- a pinch of salt + pepper
- 4 slices whole grain bread
- 6 ounces fontina cheese, freshly grated

### **Mustard aioli**

- 1 1/2 tablespoons Dijon mustard
- 1 large egg yolk
- 2 teaspoons fresh lemon juice
- 1/2 cup olive oil
- 2 tablespoons whole grain mustard
- 1 tablespoon horseradish
- a pinch of salt + pepper

## Directions

1. Heat a large skillet over medium-low heat. Add olive oil and butter, then add mushrooms and toss well to coat. Cover and cook for 8-10 minutes, until soft and juicy, stirring once or twice during cooking time.
2. While mushrooms are cooking, whisk together Dijon mustard, egg yolk and lemon juice in a large bowl until combined. Slowly stream in olive oil while continuously whisking until the mixture emulsifies and comes together completely. Whisk in whole grain mustard and horseradish, then taste and season with salt and pepper as desired.
3. Heat the broiler on your oven to the highest setting, placing an oven rack directly underneath. Lay four slices of whole grain bread on a baking sheet and pop under the broiler for 1-2 minutes, until golden. Remove and spread a layer of mustard aioli on top.
4. Remove the cover from the mushrooms and stir in the garlic, salt and pepper, cooking for one minute. Turn off heat, then distribute mushrooms evenly among the four slices of toast. Cover with grated cheese. Place back under the broiler for 1-2 minutes, until cheese is bubbly and slightly golden. Remove and serve immediately with extra mustard aioli on top

This recipe is from

<http://www.howsweeteats.com/2013/03/15minutemushroommeltswithmustardaioli/>



# Old-Fashioned Mustard and Asparagus Flatbread

## Ingredients

- 2 flatbreads
- 12 asparagus
- 150 g gouda cheese
- 2 tablespoons old-fashioned Dijon mustard
- 2 tablespoons olive oil
- salt + black pepper

## Directions

- 1 Pre-heat the oven to 450F.
- 2 Bring a pot of water to a boil and blanch the asparagus for 1 minute. Cool them in cold water.  
Lay the flatbreads on a baking pan and spread 1 tablespoon of mustard on each. Add the asparagus and top with big chunks of Gouda cheese. Season with salt, pepper and a drizzle of olive oil.
- 3 Cook for 15 minutes or until the flatbreads are crispy. Slice and serve hot.

This recipe is from

<http://thebitehouse.com/2012/04/02/oldfashionedmustardandasparagusflatbread/>

# Cheddar, Beer and Mustard Pull-Apart Bread

## Ingredients

- **Bread:**
- 4 tablespoons (55 grams) unsalted butter
- 1/4 cup plus 1/3 cup beer (140 ml), preferably dark but really, use whatever you like to drink
- 2 1/2 cups (315 grams) all-purpose flour, divided
- 1/3 cup (40 grams) rye flour (use additional a-p flour if you don't have this)
- 2 tablespoons (25 grams) granulated sugar
- 2 1/4 teaspoons (1 envelope, 1/4 ounce or 7 grams) instant yeast
- 1 teaspoon (6 grams) table salt
- 2 large eggs, at room temperature
- **Filling:**
- 3 tablespoon (42 grams) unsalted butter
- 1 tablespoon (15 grams) Dijon or a mustard of your choice
- 1 1/2 teaspoons (8 ml) Worcestershire sauce
- Dash of hot sauce
- 1 teaspoon (3 grams) mustard powder
- 1 teaspoon (2 grams) paprika
- 1/2 teaspoon (3 grams) table salt
- Several grinds black pepper
- 1 1/2 cups (170 grams) shredded cheddar

## Directions

1. **Make dough:** In a small saucepan, heat the 4 tablespoons butter and 1/4 cup of beer, just until the butter has melted. Remove from heat and add the remaining 1/3 cup beer. Set aside to cool down slightly. You want the mixture warm (110 to 116 degrees), but not steaming hot.
2. **Meanwhile,** in the bowl of a stand mixer, stir together 2 cups of the all-purpose flour, sugar, yeast and table salt. With the mixer on low, pour in the butter-beer mixture, mixing only until the flour is moistened. Add eggs, one at a time, and mix until combined. The batter will look lumpy, but will become smooth in a moment. Add the remaining 1/2 cup all-purpose flour and all of the rye flour, mixing until just combined. Replace paddle with a dough hook and let the machine knead the dough for 3 to 4 minutes on low.
3. **Oil a medium/large bowl and transfer dough to it. Cover loosely with plastic wrap and set aside for 50 to 60 minutes, until doubled. Meanwhile, prepare fillings.**

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4. [Do ahead: You can also rest the dough in the fridge overnight — wrapped tightly with plastic. The next day, let it rest at room temperature for an hour before rolling out.]
5. Make fillings: Back in the same small saucepan you used for the butter and beer, melt the 3 tablespoons butter. Remove from heat and whisk in mustard, Worcestershire and hot sauce until smooth. Set aside.
6. In the bottom of a medium bowl, stir together mustard powder, paprika, table salt and several grinds of black pepper. Add shredded cheddar and toss until grated strands are evenly coated with spices. I like to keep this in the fridge until needed so it doesn't get soft and clumpy, making it harder to sprinkle over the dough in a bit.
7. Assemble bread: Either coat a 9-by-5 loaf pan lightly with butter or a nonstick spray and set aside.
8. Turn dough out onto a well-floured counter and roll the dough into a 20-by-12-inch rectangle, making sure it doesn't stick to the counter by lifting sections and re-flouring the counter as needed. Brush the butter-mustard-Worcestershire mixture evenly over the whole surface, right up to the edges. Cut the dough crosswise into 5 strips; each should be 12-by-4 inches. Sprinkle the first one evenly with a heaping 1/4 cup of the grated cheese (which is now fine to leave out at room temperature). Gently place another strip on top of it, coat it with another heaping 1/4 cup of cheese, and repeat with remaining strips until they are stacked 5-high and all of the cheese is used.
9. With your very sharpest serrated knife, gently — so gently! The lightest sawing motions the weight of the blade will allow! — cut your stack into 6 to 7 2-inch segments (each stacked segment should be 4-by-2 inches). I say 6 to 7 range because while your 12-inch length should clearly yield only 6 2-inch segments, I find that the soft dough stretches so much when you lift and stack it that I end up with 7. Either amount will fit; this is totally not something to fret over.
10. Arrange stacks of dough down the length of your prepared loaf pan as if filling a card catalog drawer. I make this easier by standing my loaf pan up on its short end to make the next part easier. If, when you finish filing all of your dough stacks, you ended up with less than needed for the dough "cards" to reach the end of the pan, when you return the pan to rest flat on the counter again, just shimmy it a little so the dough centers. It will all even out in the final rise/oven. If you ended up with too many dough cards, before you add the last stack, simply press gently on the dough already filed to make room for it.
11. Loosely cover the pan with more plastic wrap and set it aside to rise again for 30 to 45 more minutes. Meanwhile, preheat your oven to 350 degrees.
12. Bake loaf for 25 to 35 minutes, until puffed and brown. Transfer it to a wire rack and let it cool for 5 minutes before flipping it out onto a serving plate/cutting board. Serve warm with cold beer.

This recipe is from

<http://smittenkitchen.com/blog/2012/02/cheddarbeerandmustardpullapartbread/>

# Pecan-Date Cheese Ball

## Ingredients

- 1 teaspoon ground mustard
- 1 teaspoon water
- 2 packages (8 ounces each) cream cheese, softened
- 1/4 cup mayonnaise
- 1/4 teaspoon ground nutmeg
- 2 cups (8 ounces) shredded cheddar cheese
- 1 cup chopped dates
- 1 cup chopped pecans
- Crackers

## Directions

1. In a small bowl, dissolve the mustard in water; let stand for 10 minutes.
2. In a bowl, beat cream cheese and mayonnaise until smooth.
3. Add nutmeg and mustard mixture. Stir in cheese and dates.
4. Chill for 15 minutes.
5. Shape into a ball; roll in pecans. Chill. Serve with crackers.

This recipe is from <http://www.tasteofhome.com/recipes/pecandatecheeseball>

# Mustard-Dill Tortellini Skewers

## Ingredients

- 1 (9-oz.) package refrigerated cheese tortellini
- 1 (8-oz.) package frozen sugar snap peas
- 68 (4-inch) wooden skewers
- 1 pt. grape tomatoes, cut in half
- **Mustard-Dill vinaigrette:**
- 1/2 cup white wine vinegar
- 2 tablespoons chopped fresh dill
- 3 tablespoons Dijon mustard
- 2 pressed garlic cloves
- 2 teaspoons sugar
- 1 1/4 cups olive oil
- Kosher salt and pepper to taste

## Directions

1. For Vinaigrette
2. Whisk together vinegar, fresh dill, Dijon mustard, garlic, and sugar. Add olive oil in a slow, steady stream, whisking constantly until thoroughly combined. Whisk in kosher salt and pepper to taste
3. Cook tortellini according to package directions. Rinse under cold running water.
4. Place sugar snap peas in a small bowl; cover with plastic wrap. Microwave at HIGH 2 minutes. Let stand, covered, 2 minutes. Rinse under cold running water.
5. Thread each skewer with 1 sugar snap pea, 1 tortellini, and 1 tomato half. Place skewers in a 13- x 9-inch baking dish. Pour Mustard-Dill Vinaigrette over skewers, turning to coat. Cover and chill 4 hours. Transfer skewers to a serving platter; discard any remaining vinaigrette

This recipe is from

<http://www.southernliving.com/food/entertaining/appetizerrecipes/mustarddilltortellinisaladskewers>

# Crab Maison

## Ingredients

- ½ cup mayonnaise
- 2 tbsp. high quality olive oil
- 2 tsp. white wine vinegar
- 1 tsp. Creole or Dijon mustard
- 1 tsp. small capers, rinsed, drained, and finely chopped
- ½ tsp. finely chopped flat-leaf parsley
- ½ tsp. kosher salt
- ⅛ tsp. freshly ground white pepper
- 3 green onions, finely chopped
- 1 lb. jumbo lump crab meat
- 12 large leaves butter lettuce
- 4 slices tomato, halved

## Directions

1. Whisk together mayonnaise, oil, vinegar, mustard, capers, parsley, salt, pepper, and scallions; add crabmeat and fold gently to combine. Place 3 leaves lettuce each on 4 salad plates. Divide crab mixture evenly among plates and garnish with two half slices tomato

This recipe is from <http://www.saveur.com/article/Recipes/Crab-Maison>



# Three-Egg Omelet with Wholegrain Mustard

## Ingredients

- 1 Tablespoon olive oil
- 3 Large eggs
- 2 Tablespoons water
- 2 Tablespoons wholegrain mustard
- Salt and pepper to taste

## Directions

1. In a sauté pan, add olive oil and place burner on medium-high heat
2. Beat eggs and water
3. Add wholegrain mustard, salt, and pepper and beat again. Do not over beat
4. Add egg mixture to pan and make scrambled eggs

This recipe is from

<http://www.buymustard.com/blogs/recipes/10986761threeeggomelettewithwholegrainmustard>

# Black Pepper Popovers Filled with Vermont Cheddar and Herb Scrambled Eggs and Maple-Mustard Glazed Canadian Bacon

## Ingredients

### Maple-mustard Glazed Canadian Bacon:

- 2 Tablespoons canola oil
- 1/4 Cup grade B pure maple syrup
- 1 Heaping Tablespoon Dijon Mustard
- 6 Slices thick-cut Canadian bacon

### Vermont Cheddar and Herb Scramble:

- 2 Tablespoons canola oil
- 1 Tablespoon finely chopped fresh chives
- 12 Cherry tomatoes, halved
- 1 Tablespoon finely chopped fresh parsley leaves
- Salt and freshly ground black pepper
- 2 Tablespoon finely chopped fresh tarragon
- 12 Large eggs
- 6 Tablespoons unsalted butter, cut into pieces
- 3 Ounces grated aged white Vermont cheddar

### Popovers:

- 1 Tablespoon unsalted butter, melted and cooled, plus more for greasing pans
- 1/2 Teaspoon kosher salt
- 1/2 Teaspoon coarsely ground black pepper
- 3/4 Cup all-purpose flour
- 2 Large eggs, at room temperature
- 3/4 Cup whole milk at room temperature

## Directions

1. For the Canadian bacon: Whisk the maple syrup and mustard in a small bowl. Set aside.
2. Heat the canola oil in a large cast-iron pan over high heat. Add the Canadian bacon and cook until browned on the bottom, about 3 minutes
3. Flip and brush generously with the maple syrup mixture. Cook for another 2 minutes, and then transfer to a platter
4. For the cheddar and herb scramble: Heat the canola oil over high heat in another cast iron skillet
5. Add the cherry tomatoes cut-side down and cook until seared, 1 to 2 minutes.
6. Season them with salt and pepper and transfer to a plate
7. Whisk together the eggs, cheddar, chives, parsley and tarragon in a large bowl and sprinkle with salt and pepper

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8. Heat the butter in a large nonstick pan over medium-low heat until it begins to sizzle
9. Add the egg mixture and slowly cook, stirring with a wooden spoon, until soft curds form.
10. Remove from heat and set aside
11. For the popovers: Preheat the oven to 425°
12. Generously brush a 6-slot aluminum popover pan with softened butter
13. Place the pan in the oven to heat 5 minutes before you are ready to add the batter
14. Whisk together the melted butter, flour, milk, salt, pepper and eggs until smooth. The batter should be thin
15. Fill the popover pans less than halfway full and bake for exactly 30 minutes
16. Do not open the door while popovers are baking
17. Eat immediately once removed from the oven
18. For assembly: Open the popovers and fill each half with a slice of bacon
19. Top each with the eggs, and cherry tomato half
20. Serve the remaining tomatoes on the side

**This recipe is from**

<http://www.cookingchanneltv.com/recipes/bobbyflay/blackpepperpopoversfilledwithvermontcheddarandherbscrambledeggsandmaplemustardglazedcanadianbacon.html>

# Creamy Scrambled-Egg Toasts with Bacon & Wholegrain Mustard Cream Sauce

## Ingredients

- 6 Large Eggs
  - 1 Tablespoon half/half
  - 1/3 Cup white cheddar cheese, shredded
  - 3 Pieces bacon, diced
  - 1 Large shallot, diced
  - 1 Cup kale, diced
  - 1 Baguette, sliced into toasts
  - Parsley, garnish
  - Salt and pepper to taste
- For the mustard cream:**
- 1 Shallot, diced
  - 1/3 Cup white wine
  - 2 Tablespoons wholegrain mustard
  - ½ Cup heavy cream
  - 2 Tablespoons fresh rosemary
  - Salt and pepper to taste

## Directions

1. In a medium bowl, beat eggs, half and half, cheese, and a little s&p. Set aside
2. Preheat a skillet to medium heat. Add the bacon and cook until crispy and golden. Remove with a slotted spoon and set aside. In the same skillet, add the shallot and cook for a minute. Add the kale and let it cool down for another couple of minutes. Pour in the eggs and cook, stir until the eggs are scrambled and cooked through.
3. Meanwhile, preheat a grill pan to medium-high heat and toast the baguette slices on both sides. To serve, take a baguette slice, top with the egg scramble and spoon mustard sauce over the top. Garnish with fresh parsley

### **For the mustard cream sauce:**

4. In a skillet preheated to medium heat, add the shallot. Cook for about a minute. Stir in the whole grain mustard and add the white wine. Let the wine reduce down and stir in the cream with a little s&p

This recipe is from

<http://www.climbinggriermountain.com/2013/11/creamyscrambledeggtostswithbaconwholegrainmustardcreamsauce.html>

# White Cheddar and Dijon Baked Eggs

## Ingredients

- 4 Large eggs
- Half of one small/medium tomato, diced small
- About ½ heaping cup grated white cheddar cheese, measured piled loosely (or mozzarella, fontina, Monterey jack, pepper jack, etc.)
- 2 Teaspoons Dijon mustard (or your favorite)
- Salt and pepper
- Parsley, garnish

## Directions

1. Preheat oven to 350F. Spray 2 small ramekins with cooking spray or lightly grease them with butter. If you don't have small ramekins, use an 8x4-inch loaf pan.
2. Carefully crack 2 eggs into each ramekin, taking care not to break the yolks.
3. Season with salt and pepper, to taste.
4. Evenly and lightly sprinkle the diced tomatoes between the two ramekins; set aside.
5. In a small bowl, add the cheese, mustard, and lightly toss to combine with a fork.
6. Evenly divide cheese mixture between the two ramekins, lightly smoothing the top of each with the fork.
7. Place ramekins on a baking sheet and bake for 10 to 15 minutes, or until eggs are cooked to desired level. In my oven and with my ramekins, 10 minutes results in very runny yolks, 15 minutes results in firmer and set yolks, and 18 minutes results in yolks you'd find in a hard-boiled egg. Bake until your eggs are done to your liking. All ovens, ramekins, type of cheese used, and preferences vary, and so will baking times.
8. Garnish and serve immediately. Eggs are best served warm and fresh

This recipe is from <http://www.averiecooks.com/2014/03/whitecheddaranddijonbakedeggs.Html>

# Sharp Cheddar and Mustardy Greens breakfast Sandwich

## Ingredients

- 4 Biscuits from your favorite recipe
- 1 Tablespoon olive oil
- 1 Bunch of Swiss chard, washed, stems removed, and cut into 1 inch square pieces
- 1 tablespoon grainy mustard
- 1 tablespoon heavy cream
- 4 Slices of good sharp cheddar
- A knob of butter
- 4 Eggs
- Salt and pepper

## Directions

1. Gently warm your biscuits and slice them in half, set aside somewhere to keep warm. In the meantime, heat the olive oil in a large sauté pan over medium high heat. Add the chopped Swiss chard plus a good sprinkling of salt and pepper and cook a few minutes until wilted. Add the mustard and cream to the greens and stir to coat well.
2. Put a piece of cheddar on the bottom of each biscuit, then add a quarter of the Swiss chard to each biscuit.
3. Wipe out the chard pan, put it over medium high heat and add the butter. Let the butter heat until it foams, swirling it to coat the bottom of the pan. Crack the eggs into the pan and sprinkle with salt and pepper. Cook until they're set on their bottoms, then flip them and continue to cook another minute or so until they're done to your liking. For closed-face sandwiches I like my egg to have a yolk that is ever so slightly runny but that is most of the way softly cooked through.
4. Put an egg on each biscuit bottom on top of the cheese and greens, then top each with their biscuit top and serve.

This recipe is from

<http://food52.com/recipes/23854sharpcheddarandmustardygreensbreakfastsandwich>

# Asparagus and Scrambled Egg Crepes with Mustard Sauce

## Ingredients

- 2 large eggs
- 2/3 cup whole milk
- 1 tablespoon melted unsalted butter, plus additional butter for crepe pan and baking dish
- ¾ cup whole wheat flour
- Mustard Sauce: ½ cup boiling water
- 1 tablespoon unsalted butter
- 1 tablespoon whole wheat flour
- ½ teaspoon kosher salt
- 1 large egg yolk
- 1 tablespoon Dijon mustard
- Asparagus and Egg Filling: 1 one-pound bunch of fresh asparagus, rinsed and trimmed
- 1 tablespoon of canola oil
- 4 large eggs
- A few pinches of kosher salt
- A few grindings of fresh black pepper

## Directions

1. Preheat oven to 350°F.
2. In a medium bowl, beat together 2 eggs, milk, and 1 tablespoon melted butter. Mix in ¾ cup of flour, stirring until thoroughly combined and smooth. Cover bowl and place in refrigerator to chill.
3. Meanwhile, make the mustard sauce. Bring water to a boil. In a separate saucepan set over low heat, melt 1 tablespoon of butter. While whisking continuously, add 1 tablespoon of flour. When mixture is well combined and begins to thicken, pour in boiling water slowly while whisking continuously. Add salt and egg yolk, and continue to stir until sauce thickens to the consistency of heavy cream, about 3 minutes.
4. Remove from heat and stir in mustard. Fill a large sauté pan with enough salted water to cover the asparagus and bring to a boil. Reduce heat to medium-high and add asparagus, cooking until it turns a brighter green and is fork-tender but still stands firm when held up, about 3 minutes.
5. Drain immediately and spread asparagus onto a plate or paper towel in a single layer where it will finish cooking from its own steam. In a frying pan set over medium-low heat, add the canola oil.

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6. In a bowl, lightly beat 4 eggs with salt and pepper until just combined. Add eggs to pan. When the bottoms of the eggs start to set, pull the eggs from the side of the pan with a spatula, tilting the pan to let the runny eggs fill the empty spaces. Break the egg into small pieces and remove pan from heat.
7. In a crepe pan or nonstick frying pan over medium heat, add just enough butter to coat the cooking surface. Remove the crepe batter from the refrigerator and spoon a few tablespoons of batter into the pan, creating a thin crepe about 5 inches in diameter. As soon as the crepe has set, about 60 to 90 seconds, flip it and cook the other side to golden-brown. Remove the crepe from the pan and set aside.
8. Cook all the batter into 8 crepes, working in batches and adding butter to the pan as needed. Place some scrambled egg into the center of the crepes and top with a few asparagus spears. Fold the crepes over to close them and place in a large, lightly buttered baking dish, overlapping side down. Pour mustard sauce down the center of each crepe and bake until the sauce bubbles at the edges, about 15 to 20 minutes. Serve immediately

**This recipe is from**

<http://www.naturalhealthmag.com/healthyeating/healthyrecipes/asparagusandscrambledeggscrepesmustardsauce>



# Scotch Eggs

## Ingredients

- 1 pound sausage
- ½ bunch each of parsley, sage and thyme, finely chopped
- 8 eggs, soft boiled
- 2 eggs, lightly beaten
- 3 tablespoons milk
- 1 cup panko bread crumbs
- ½ cup mayonnaise
- 3 tablespoons Coleman's mustard
- 1 teaspoon Worcestershire sauce
- 1-2 tablespoons Fresh lemon
- Oil for frying

## Directions

1. Soft boil your 8 eggs, peel and chill. Mix sausage and finely chopped herbs.
2. Take the palm of your hand and place the egg in it.
3. Wrap sausage around the egg. Repeat with the other eggs. Dip in egg/milk mixture and roll in panko crumbs.
4. Let eggs sit and rest for a few minutes while you preheat your oil. You can either deep fry or pan fry these. If you need to make a large batch of these, lightly fry and then keep warm in a 250 oven until ready to serve.
5. While your oil is heating, make the side condiment: mix together mayo, mustard, white balsamic vinegar, Worcestershire sauce, lemon and cayenne.
6. Deep fry at 350 for 3-5 minutes, until the outsides are a deep brown and the sausage is cooked through. Drain each egg on a paper-towel-lined plate. To serve, you can either cut them into quarters/wedges or if serving on toast, slice them. You can add another sprinkling of cayenne on top of the mustard sauce if you desire

This recipe is from <http://food52.com/recipes/18407scotcheggs>

# Easy Roast Beef and Brie Puff Pastry Breakfast Tarts

## Ingredients

- 12- 18 slices thinly sliced roast beef or protein of choice
- 1 small wheel brie cheese, sliced thinly
- sprigs of fresh thyme
- 1 sheet puff, thawed
- mustard, to taste
- 1 egg, lightly beaten with 1 tablespoon of water
- salt and freshly ground pepper
- eggs to serve, if desired

## Directions

1. Preheat the oven to 425°F.
2. Slice the puff pastry sheet into four pieces and use a sharp knife to cut a 1/2 inch border around each square – you don't want to cut all the way through the pastry, you just want to score the pastry so it creates a frame when baked. Use a fork and poke inside the border to prevent too much puff. Place the pastry on a lined baking sheet and brush the edges with the egg wash. Bake for 15 minutes until slightly puffy and lightly golden.
3. Remove the puff from the oven and brush with mustard and top with slices of brie and roast beef. Sprinkle on some fresh thyme and return to the oven and bake until golden and brie is melty, about 5-8 minutes. Remove, season with salt and freshly ground pepper and enjoy immediately.
4. \*If using eggs, fry the eggs while the puff pastry goes into the oven the second time around.

This recipe is from

<http://iamafoodblog.com/sundaybruncheasyroastbeefandbriepuffpastrybreakfasttartsrecipe/>

# Super Healthy Chickpea Salad with Wholegrain Mustard & Goat Cheese

## Ingredients

- 2 Cans of chickpeas, drained
- 1 Red pepper, diced
- 1/3 EEnglish cucumber, diced
- 1/4 Red onion, diced
- 3 Tablespoons red wine vinegar
- 3 Tablespoons olive oil
- 1/4 Cup Golden Grain Maple Wholegrain Mustard
- 1/2 Cup Vermont Creamery Crumbled Goat Cheese – sun-dried tomato and basil

## Directions

1. Drain chickpeas and place in a medium mixing bowl
2. Add red pepper, cucumber, and onion
3. In a separate bowl, mix together vinegar, olive oil, and mustard
4. Add mustard mixture to chickpeas. Mix well.

This recipe is from

<http://www.buymustard.com/blogs/recipes/13902213superhealthychickpeasaladwithwholegrainmustardgoatcheese>

# Roasted Brussel Sprouts with Horseradish Mustard

## Ingredients

- 4 Tablespoons of olive oil, split up
- 3 lbs. of Brussel sprouts, ends cut off, trimmed, and halved
- Fresh ground salt and pepper to taste
- ¼ Cup Horsepower Horseradish Mustard

## Directions

1. Preheat oven to 400 degrees
2. Drizzle baking sheet with olive oil
3. Prep Brussel sprouts with olive oil
4. Drizzle Brussel sprouts with olive oil
5. Toss with salt and pepper
6. Add Horsepower Horseradish Mustard and mix together
7. Place in oven and roast for 20 minutes
8. Turn Brussel sprouts with a spatula and roast for an additional 20 minutes
9. Remove from oven and serve

This recipe is from

<http://www.buymustard.com/blogs/recipes/13901693roastedbrusselsproutswithhorseradishmustard>

# Three-Minute Broccoli Slaw with Maple Wholegrain Mustard Sauce

## Ingredients

- 2 Tablespoons of low-fat mayo
- 2 Tablespoons Golden Grain Maple Wholegrain Mustard
- 1 ½ teaspoons apple cider vinegar
- Salt and pepper to taste
- 10 oz. bag of broccoli slaw mix

## Directions

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

This recipe is from

<http://www.buymustard.com/blogs/recipes/12657281threeminutebroccolislawwithmaplewholegrainmustardsauce>

# Classic Roasted Potatoes with Maple Wholegrain Mustard

## Ingredients

- Non-stick spray
- ½ 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

## Directions

1. Preheat oven to 425°
2. Spray rimmed baking sheet with non-stick spray
3. Whisk mustard, olive oil, butter, lemon juice, garlic, oregano, lemon peel, and salt in a 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

This recipe is from

<http://www.buymustard.com/blogs/recipes/12656785classicroastedpotatoeswithmaplewholegrainmustard>

# Spicy Garlic & Mixed Vegetable Fried Quinoa with Cashews

## Ingredients

- 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 veggies, steamed
- 1 Cup of crushed cashews
- ¼ Cup of Clove Encounter Garlic & Oregano Mustard

## Directions

1. Prepare quinoa as stated on package
2. Add garlic oil to medium sauté pan on medium 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

This recipe is from

<http://www.buymustard.com/blogs/recipes/12656297spicygarlicmixedvegetablefriedquinoawithcashews>

# Harvest Quinoa Salad with Sweet Potato Mustard

## Ingredients

### Quinoa:

- 1 Cup dry quinoa
- 2 Cups water

### Salad:

- 1 Tablespoon cinnamon
- ¼ Cup sweet potato mustard
- ¼ Cup walnuts, chopped
- ½ Cup dried cranberries
- 1 Medium granny smith apple, diced

## Directions

1. Place quinoa and water in a saucepan. Heat till boil – turn low and let sit for 15-20 minutes. Let cool
2. Mix remaining ingredients together in a bowl
3. Combine mustard mixture and quinoa in the same bowl
4. Place in fridge and let chill

This recipe is from

<http://www.buymustard.com/blogs/recipes/10986921harvestquinoasaladwithsweetpotatomustard>



# Deli Dirt Pasta Salad

## Ingredients

- ¼ Cup olive oil
- 3 Garlic cloves, chopped
- 1 Small red onion, finely chopped
- 2 Cups of broccoli florets
- 1 Cup sliced carrots
- 1 Cup cubed corned beef (or chicken breast, salami, pastrami, etc.)
- ½ Cup Green Mountain Mustard – Deli Dirt
- 1 Teaspoon Italian seasoning (optional)
- ½ lb. pasta

## Directions

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

This recipe is from <http://www.buymustard.com/blogs/recipes/10986837delidirtpastasalad>

# Deviled Egg Pasta Salad – Church Potluck Side Dish

## Ingredients

- 1 Pound Campanelle Shaped Dry Pasta
- 2 Cups Mayonnaise
- 4 Tablespoons Yellow Mustard
- 2 Tablespoons Brine from pickle jar
- 6 Large hard boiled eggs
- 3 Rib celery, very small dice
- ½ Medium red onion, small dice
- 1/3 Cup sweet relish
- Large pinch of sea salt and several turns of a pepper grinder to taste
- For garnish use a generous sprinkle of smoked paprika

## Directions

1. Prepare the pasta according to the directions on the box
2. Drain the shake dry. Do not rinse
3. Remove hard boiled eggs from their shells dice in large chunks
4. Combine all other ingredient, except the eggs
5. Add pasta to your sauce and mix well. Fold in your egg. Garnish with paprika
6. Serve chilled

This recipe is from

<http://erecipecards.blogspot.com/2013/08/deviledeggpastasaladchurchpotluck.Html>

# Mustardy Mac 'N' Cheese with Peas

## Ingredients

- 2 ½ Cups uncooked elbow or small penne pasta
- 3 tablespoons butter
- 3 Tablespoons flour
- 2 Cups milk
- 2 ½ Tablespoons wholegrain Dijon mustard
- ½ Teaspoon salt
- ½ Teaspoon ground black pepper
- ½ Teaspoon dried sage
- 2 Cups grated cheddar cheese, divided
- 1 Cup frozen peas, thawed

## Directions

1. Cook pasta according to the package directions, then rinse it, and set aside
2. In a large skillet over medium-low heat, melt the butter. Add the flour a little at a time while whisking. Cook for about 5 minutes, whisking constantly
3. Pour in the milk a little at a time. Add the mustard, increase the heat to medium, and cook, stirring constantly for about 5 minutes. The mixture should be smooth and creamy
4. Reduce the heat to low add the salt, pepper and sage and then mix. Fold in 1 ¾ cups of the cheese, stirring until melted
5. Turn off heat, add the peas to the mixture, and toss to combine. Add the pasta and mix so it is well coated
6. Add the mixture to a serving bowl, and sprinkle with the remaining cheese
7. Serve warm

This recipe is from

<http://www.sheknows.com/foodandrecipes/articles/1037161/mustardymacncheesewithpeasrecipe>

# Bourbon maple Slow Cooker Baked Beans

## Ingredients

- 1 Pound dry Great Northern beans
- 1 Cup bourbon
- 1 Cup maple syrup
- 1 Cup barbeque sauce
- 1 Cup light brown sugar, packed
- 1 Cup water
- Heaping ¼ Cup ketchup
- ¼ Cup mustard
- ¼ Cup molasses
- ¼ Cup apple cider vinegar
- 2 Tablespoons Worcestershire sauce

## Directions

1. Rinse and sort dry beans in a colander over the sink.
2. Add beans to a large pot and cover with 8 cups water and let soak overnight (about 8 hours). OR to save time....
3. ...Use the 1 hour rapid soak method. Bring beans and 8 cups water to a boil. Allow beans to boil rapidly for 3 minutes, uncovered. Shut the heat off, cover the pot, and let stand for 1 hour.
4. In either the overnight soak method or the 1 hour rapid soak method, drain soaking water and rinse beans well under running water in a colander over the sink.
5. Return beans to pot, cover with 6 cups water, and allow to simmer on low heat for about 45 minutes, or until quite tender; cooked about 80% of the way. They'll be transferred to a slow cooker where they'll cook for 12+ hours so you don't want them or need them to be totally done, but they shouldn't be overly hard either (taste a few beans, you'll know when you bite into them)
6. While beans are simmering, combine all remaining ingredients in the slow cooker, and whisk to combine until smooth.
7. After beans are done simmering, drain them, add them to the slow cooker, and stir.
8. Cover and cook on low heat for about 12 hours (start checking at about 8 hours), or until beans are tender, the sauce has thickened and reduced dramatically, the flavor is concentrated and robust, and the smell in your house is intoxicating. If after 12 hours your sauce is still liquidy or on the soupy side, remove the lid, increase the heat to the highest setting, and cook uncovered until thickened to desired level
9. Serve immediately

This recipe is from

<http://www.averiecooks.com/2013/05/bourbonmapleslowcookerbakedbeans.html>

# Mustardy Coleslaw

## Ingredients

- 1/3 Cup mayonnaise
- 1/3 Cup yellow mustard
- 1/3 Cup cider vinegar
- 1/3 Cup sugar
- 2 Tablespoons hot sauce
- 1 Teaspoon celery seeds

### For the Slaw Mix:

- 1 Large head green cabbage (about 3 ½ pounds) finely shredded on a mandolin or by hand
- 1 Large carrot, peeled and grated on the large holes of a box grater
- 2/3 Cup sugar
- 1/3 Cup kosher salt

## Directions

1. **For the Dressing:** Whisk together mayonnaise, mustard, vinegar, sugar, hot sauce, and celery seeds in small bowl
2. **For the Slaw:** Combine cabbage and carrot in a large bowl. Sprinkle with sugar and salt and toss to combine. Let stand five minutes, then transfer to a large colander and rinse thoroughly under cold running water
3. Transfer vegetables to a salad spinner and spin dry. Alternatively, transfer to a large rimmed baking sheet lined with a triple layer of paper towels or a clean kitchen towel and blot mixture dry with more towels. Return to large bowl
4. Pour dressing over vegetables and toss to coat. Adjust seasoning to taste with salt, pepper, and/or sugar

This recipe is from <http://www.seriousseats.com/recipes/2014/06/mustardcoleslawrecipe.Html>

# Sweet Potatoes with Mustard and Brown Sugar Butter

## Ingredients

- 6-8 Sweet Potatoes
- 2 Tablespoons Dijon mustard
- ¼ lb. butter
- 4 Tablespoons brown sugar
- 2 Pinches of salt

## Directions

1. Bake sweet potatoes in oven at 350°F. Bake until they are tender. This usually takes 50 minutes, depending on the size. Add butter, brown sugar, Dijon mustard and salt to a mixing bowl, Blend for about a minute and a half.
2. Remove the sweet potatoes from the oven and slice the top open. Add a dollop of butter mixture and serve

This recipe is from

<http://www.pallensmith.com/food/recipes/sweetpotatoeswithmustardandbrownsugarbutter>

# Avocado Dijon Pasta Salad

## Ingredients

- ¼ Cup olive oil
- ¼ Dijon mustard
- ¼ Cup honey
- ¼ Cup fresh lemon juice
- ½ Teaspoon dry tarragon
- ¼ Teaspoon sea salt
- ¼ Teaspoon cracked black pepper

### For the Salad

- 1 Pound pasta penne, cooked
- 3 Oz snow peas, cut in half
- 2 Oz chopped green onion
- 2 Oz red pepper, julienne style
- 2 Oz yellow pepper, julienne style
- 2 Large ripe avocados, cut into cubes
- 2 Oz chopped parsley or cilantro

## Directions

1. Cook the pasta as per instructions on bag. Drain and cool
2. In a small bowl whisk together the oil, Dijon, honey, lemon juice, tarragon, salt and pepper. Set aside.
3. In a larger bowl add the pasta, peas, both peppers, parsley, and avocado
4. Add the dressing to this mixture and toss gently until well coated, season with salt and pepper
5. Serve chilled

This recipe is from <http://foodnessgracious.com/2013/07/avocadopastasalad/>

# Grilled Vegetables with Lemon, Thyme and Mustard Basting Sauce

## Ingredients

### Basting Sauce:

- ½ Cup butter, diced
- 1/3 Cup chopped shallots
- ¼ Cup olive oil
- 3 Tablespoons Dijon mustard
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons chopped fresh thyme
- 1 Tablespoon grated lemon peel

### Vegetables:

- 2 Large ears fresh corn, husked, each but crosswise into 4 pieces
- 1 Small eggplant (about 1 pound) cut crosswise into ½ inch thick rounds
- 1 Large red onion, cut into ¾ inch thick wedges
- 1 Large red bell pepper, seeded, cut lengthwise into 6 strips
- 1 Large zucchini, trimmed, quartered lengthwise
- 8 Asparagus spears, trimmed
- 1 Large carrot, peeled, cut on deep diagonal into ¼ inch thick slices

## Directions

1. Combine all ingredients in heavy medium saucepan. Whisk over medium heat until butter melts and sauce is well blended. Season to taste with salt and pepper. (Can be made 3 hours ahead. Cool. Whisk over low heat to rewarm before using.)
2. Arrange corn pieces, eggplant rounds and onion wedges in single layer on large baking sheet. Arrange bell pepper strips, zucchini spears, asparagus spears and carrot slices in single layer on another large baking sheet. Transfer 1/2 cup sauce to small saucepan and reserve for dipping. Brush both sides of vegetables lightly with some of remaining basting sauce.
3. Prepare barbecue (medium-high heat). Grill Corn, eggplant and onion until tender and lightly charred, brushing occasionally with basting sauce and turning with tongs, about 6 minutes. Transfer vegetables to small platter as vegetables finish grilling. Tent with foil to keep warm.
4. Grill bell peppers, zucchini, asparagus and carrot until tender and lightly charred, brushing occasionally with basting sauce and turning with tongs, about 6 minutes. Transfer vegetables to same platter, arranging alongside other vegetables. Season all vegetables with salt and pepper. Garnish with fresh herb sprigs and lemon.

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5. Place pan with reserved 1/2 cup sauce over low heat or at edge of barbecue and whisk sauce until warmed through. Transfer to small bowl. Serve vegetables, passing warm dipping sauce separately.

**This recipe is from**

<http://www.epicurious.com/recipes/food/views/grilledvegetableswithlemonthymeandmustardbastingauce2285>

# Roasted Vegetable Magic Recipe

## Ingredients

### **Dijon Roasting Sauce:**

- 4 Tablespoons olive oil
- ½ Cup Dijon mustard
- 4-5 Cloves garlic, chopped
- 1 Tablespoon fresh chopped dill, marjoram, parsley or mint

### **Cut Up:**

- 2 Cups sliced young potatoes
- 1 Medium sweet or red onion, cut up
- 4 Carrots, sliced into thin diagonal coins or matchsticks
- 1 bunch of broccoli, cut up
- 1 Yellow squash, sliced into half moons
- 1 zucchini squash, sliced into half moons
- 1 small cabbage, sliced
- Sea salt and fresh ground pepper
- 4 Italian style sausages, sliced-optional

## Directions

1. Preheat the oven to 400°F.
2. Toss the cut vegetables into a large [roasting pan](#). Season with sea salt and ground pepper.
3. Whisk together the Dijon sauce and pour over the veggies. Stir to coat.
4. Roast for an hour, until fork tender.
5. Add in sliced cooked sausage during the last twenty minutes of roasting time, if desired

This recipe is from <http://glutenfreegoddess.blogspot.com/2008/05/roastedvegetablemagic.html>

# Honey Mustard Lentils & Rice Casserole

## Ingredients

- 1 lb. green lentils
- 1 Cup brown rice
- 3 Tablespoons minced onion (or 1 cup chopped fresh onion)
- 1 Teaspoon garlic powder
- 1 Teaspoon salt and pepper, each
- ½ Cup mustard
- 1/3 Cup honey plus drizzles
- Vegetables or side salad for side dish

## Directions

1. Preheat the oven to 350.
2. In a 9×13 inch glass baking dish, gently combine together the lentils, brown rice, minced or fresh onion, garlic powder and salt and pepper.
3. Pour 7 cups of HOT water carefully into the dish and gently stir so the rice and lentils into the water.
4. In a small mixing bowl, combine the mustard and honey. Scrape and drizzle over the lentils, rice and water and gently stir in. Cover the dish tightly with foil, so little steam will escape.
5. Bake in the preheated oven for 60 minutes, or until rice and lentils are soft. (If using white rice, bake for 30 minutes.)
6. Before fluffing and serving, drizzle a little more honey over the top and then fluff.
7. Serve Honey Mustard Lentils and Brown Rice with side of veggies or salad

This recipe is from <http://www.5dollarinnings.com/honeymustardlentilsricecasserole/>

# Green Bean Casserole

## Ingredients

- 4 tablespoons (2 ounces) unsalted butter
- 1 pound white mushrooms, stemmed and sliced into 1/2-inch slices (about 4 cups)
- 1/2 to 1 teaspoon cayenne pepper (optional)
- 1 teaspoon Dijon mustard
- 4 garlic cloves, minced
- 1/4 cup plus 2 tablespoons all-purpose flour
- 1 cup homemade chicken stock or low-sodium canned chicken broth
- 1 cup heavy cream
- 1 cup sour cream
- 4 cups canola oil, for frying
- 2 medium red onions, cut into thin rounds
- 1 pound green beans, ends trimmed, beans halved crosswise
- 2 Tablespoons kosher salt, plus more to taste

## Directions

1. Bring a large pot of water to a boil. Fill a large bowl halfway with ice water. Set a colander in the ice water.
2. When the water comes to a boil, add 2 tablespoons salt and the green beans. Cook until the beans yield slightly when pierced with the tip of a knife but are not cooked through, about 4 minutes. Using a strainer or a slotted spoon or tongs, remove the green beans from the hot water and transfer them to the colander in the ice water. Swirl the beans around so they cool quickly. Lift the colander out of the ice bath, let the beans drain, and set aside.
3. In a 10-inch cast-iron or other ovenproof skillet, melt the butter over medium heat. Add the mushrooms, season with salt, up to 1 teaspoon cayenne, if using, and the mustard. (If kids will be partaking, you may wish to tone down the cayenne.) Stir to blend and cook until the mushrooms give off most of their liquid, 3 to 5 minutes. Using a whisk, add the garlic and 2 tablespoons flour. When the flour has been incorporated, add the chicken broth and bring to a boil. Taste for seasoning and adjust accordingly. Stir in the cream and sour cream and gently simmer over low heat until the mixture thickens, 3 to 5 minutes. You should have about 2 cups. Turn off the heat and set the skillet aside.
4. Pour the oil into a frying pan and heat it over medium heat until it registers 350°F (176°C) on a deep-fry or candy thermometer. Line a baking sheet with a kitchen towel and set out a slotted spoon.

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5. In a medium bowl, combine the remaining 1/4 cup flour and cayenne to taste, if using. Toss the onion rounds in the flour mixture and shake off any excess by shaking the rounds in a strainer. Test the oil by dropping in a single onion slice. It should begin to bubble and fry gradually. Drop a small batch of onions into the oil and gently swirl them as they fry. When they are light to medium brown, which ought to take 1 to 2 minutes, remove them with the slotted spoon and lay them out on the kitchen towel to cool. Sprinkle with salt. Repeat until all of the onions have been fried.
6. Preheat the oven to 350°F (176°C).
7. To assemble the green bean casserole, stir the green beans into the skillet containing the mushroom mixture. Simmer over low heat just until the green beans become tender when pierced with the tip of a knife, 10 to 15 minutes. Stir in half the onions. Transfer the skillet to the oven for 10 minutes to give the green bean casserole a baked effect. Top with the remaining onions and serve immediately.

This recipe is from <http://leitesculinaria.com/88655/recipesgreenbeancasserole.Html>

# Onion Mustard Buns

## Ingredients

- 1 Package active dry yeast
- ¼ Cup warm water
- 2 Cups warm 2% milk
- 3 Tablespoons dried minced onion
- 3 Tablespoons prepared mustard
- 2 Tablespoons canola oil
- 2 Tablespoons sugar
- 1- ½ Teaspoons salt
- 6 to 6- ½ Cups all-purpose flour

## Directions

1. In a large bowl, dissolve yeast in water. Add the milk, onion, mustard, oil, sugar, salt and 4 cups flour; beat until smooth. Add enough remaining flour to form a soft dough.
2. Turn out onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down; divide into 24 pieces. Flatten each piece into a 3-in. circle. Place 1 in. apart on greased baking sheets. Cover and let rise until doubled, about 45 minutes.
4. Bake at 350° for 20-25 minutes or until golden brown. Cool on wire racks

This recipe is from <http://www.tasteofhome.com/recipes/onionmustardbuns>

# Lemon Mustard Quinoa Salad

## Ingredients

- 1 cup quinoa
- 2 cups water or vegetable broth
- 1 Tbsp. olive oil
- 1 Tbsp. brown mustard
- 2 Tbsp. lemon juice
- 1 clove garlic, minced
- 1/4 cup cilantro
- 1/2 cucumber chopped
- 1 red pepper, chopped (or color of choice)
- 1 cup edamame

## Directions

1. Prepare 1 cup of uncooked quinoa by bringing to boil with either 2 cups of water or vegetable broth. Once it comes to a boil, cover, reduced to simmer, and cook for 15-20 minutes until liquid is absorbed. Fluff with a fork and let sit to cool down
2. While quinoa is cooking prepare the dressing by combining: olive oil, lemon juice, garlic, and cilantro
3. Add cucumber, red pepper, and edamame.
4. Add Quinoa. Mix together and chill before serving

This recipe is from <http://thealmostvegan.com/lemonmustardquinoasalad2/>

# Corn, Tomato, and Basil Salad with Mustard Vinaigrette

## Ingredients

- 3 ears of corn, shucked (about 3 cups)
- 1/2 pound cherry tomatoes, halved
- 3 tablespoons minced red onion
- 1/4 cup loosely packed chopped basil
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- 1 teaspoon prepared mustard
- 2 cloves garlic, minced
- 1/2 teaspoon kosher or sea salt
- Fresh cracked black pepper, to taste

## Directions

1. Bring a large pot of salted water to boil. Fill a large bowl with ice water and set aside.
2. Add the corn to the boiling water. Boil for 1 minute. Drain, quickly rinse under cold water, and then put the corn into the ice bath until fully cooled off. Drain.
3. In a large bowl, combine the corn, tomatoes, red onion and basil. In another bowl whisk together the vinaigrette ingredients.
4. Toss the corn mixture with the vinaigrette. Chill and serve.

This recipe is from

<http://www.foodandwine.com/recipes/corntomatoandbasilsaladwithmustardvinaigrette>



# Corn on the Cob with Mustard-Maple –Thyme Butter

## Ingredients

- 1/4 cup unsalted butter, softened
- 1 Tbs. Dijon mustard
- 1 Tbs. pure maple syrup
- 2 tsp. finely chopped fresh thyme
- 1 tsp. stone-ground or grainy mustard
- Sea salt
- 4 ears fresh corn, husks and silks removed

## Directions

1. Bring a 6- to 8-quart pot of water to a boil over high heat.
2. Meanwhile, in a small bowl, combine the butter, Dijon mustard, maple syrup, thyme, stone-ground mustard, and 1/4 tsp. sea salt. Mix vigorously with a silicone spatula until combined.
3. Boil the corn until just tender, about 3 minutes. Remove the corn from the pot and let rest for a few seconds to allow some of the water to evaporate. Slather each cob with at least 1 Tbs. of the butter and serve immediately

This recipe is from <http://www.finecooking.com/recipes/corn-cob-mustard-maple-thyme-butter.aspx>

# Corn and Carrot Orzo Salad with Mustard Vinaigrette

## Ingredients

- 3 cups cooked orzo (just boil uncooked orzo like pasta and drain when tender)
- 2 chopped carrots, small dice
- 2 cups corn, freshly cut off 2 cooked cobs or frozen, thawed and dried
- 3 cups chopped romaine lettuce or any lettuce
- 2 tablespoons currants
- Approx. 1/4 cup mustard vinaigrette
- 1/2 cup olive oil
- 3 tablespoons red wine vinegar
- 3/4 teaspoon Dijon mustard
- 1 teaspoon maple syrup
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon crushed garlic

## Directions

1. Add salad ingredients to a large bowl.
2. Toss gently, and set aside.
3. Add vinaigrette ingredients to a medium-sized bowl.
4. Whisk vinaigrette ingredients until fully combined.
5. Add 1-2 tablespoons of the dressing to the salad and gently toss.
6. Add salt and pepper and additional dressing to taste and gently toss again

This recipe is from

<http://tailgatefan.cbslocal.com/2012/09/27/tailgaterecipecornandcarrotorzosaladwithmustardvinaigrette/>

# Spaghetti Squash with Swiss Chard, Dries Cranberries & Dijon Vinaigrette

## Ingredients

- 1 (3 lb.) spaghetti squash
- 1½ tsp Dijon mustard
- ¼ cup extra-virgin olive oil
- 1½ tsp white wine vinegar
- Salt & pepper to taste
- 1 tsp olive oil
- 6 large Swiss chard leaves
- ⅓ cup dried cranberries

## Directions

1. Using a large, sharp knife, pierce a spaghetti squash in several places. Place the spaghetti squash in a glass baking dish and cook in the microwave on high for about 15 minutes, turning the squash halfway through cooking.
2. Before handling, let the squash stand for 10 minutes. Cut it in half lengthwise and scrape out the seeds and fibers. Using a fork, twist out strands of the spaghetti squash flesh and place in a large bowl. Let stand at room temperature.
3. The dressing: Place the Dijon mustard into a small bowl. While whisking constantly, slow pour in olive oil. Whisk until smooth and well-combined.
4. Whisk in white wine vinegar, salt and pepper.
5. The rest: For the Swiss chard, cut the leaves away from the stems and discard the stems. Roughly chop the leaves.
6. Heat the olive in a large skillet set over medium heat. Add the Swiss chard and cook, stirring occasionally, until the chard is cooked down and dark green, 2 to 3 minutes.
7. Add the chard and dried cranberries to the spaghetti squash. Pour in half of the dressing, toss to combine. Add more dressing, to taste. Serve

This recipe is from

<http://www.cookincanuck.com/2012/10/spaghettisquashwithswisscharddriedcranberriesdijonvinaigrette/>

# Spaghetti Squash Casserole with Pretzels and Honey Mustard

## Ingredients

- 2 Cups squash
- 2 Cups Shredded chicken breast (1 large breast)
- 1/2 Cup Onion, diced
- 1/4 Cup celery, diced
- 1/8 Cup Green onions, diced
- 1-2 Tbsp. Jalapeno peppers, minced (depending if you want kick!)
- 3/4 Cup Reduced- fat Cheddar cheese, grated (divided)
- 1/2 Cup Low sugar Maple syrup
- 1 Tbsp. + 1 tsp Yellow mustard
- 1/2 Tbsp. Dijon mustard
- 1/2 tsp Salt
- 1/8 tsp Pepper
- 1 1/2 Tbsp. Garlic, minced
- 1/3 Cup Crushed pretzels

## Directions

1. Preheat your oven to 400 degrees. Cut your squash in half and scoop out the seeds. Lay it cut side down on a cookie sheet and bake until fork tender (40-45 minutes)
2. While the squash cooks, put a large pot of water to boil. Once boiling throw in that chicken breast it is fully cooked (20-25 minutes)
3. Once the chicken is done, shred with 2 forks and set aside.
4. While all this cook-ery is happening, you can prep the veggies.
5. Dice the onion, celery, green onions and jalapenos peppers and put them all together into a large bowl.
6. Grate your 3/4 cup cheddar cheese and throw 1/2 cup of it into the veggie mixture. Set the remaining 1/4 cup aside.
7. Spray a 6 cup casserole dish with cooking spray and set aside.
8. Once the squash has cooked mix it, along with the shredded chicken, salt, pepper and minced garlic, into the diced veggie and cheese mixture.
9. In a separate small bowl, mix together the maple syrup and mustards. Combine with the squash mixture.
10. Pour everything into the prepared casserole dish.
11. Crush the pretzels and sprinkle them over the casserole, along with the remaining 1/4 cup cheese.
12. Bake for 20-25 minutes, watching closely during the last few minutes to make sure the pretzels do no burn!

This recipe is from <http://www.foodfaithfitness.com/spaghettisquashcasserolepretzel/>

# Extremely Creamy Stovetop Sriracha Macaroni and Cheese

## Ingredients

- ½ lb. small sturdy pasta (such as Macaroni, Rotini or the like) I used Rotelli, which is larger
- 2 tablespoons unsalted butter
- 2 tablespoons flour
- ¾ cup milk
- ½ cup heavy cream
- ⅔ cup chicken broth
- 1 tablespoon honey mustard\*
- ¼ cup sriracha sauce (more or less, depending on how spicy you like it)
- a large pinch of kosher salt
- freshly ground black pepper
- 3 cups really good mild, medium, or sharp shredded cheddar cheese

## Directions

1. Prepare pasta according to package directions - a little on the al dente side. While it's boiling, melt the butter in a medium saucepan over medium heat. Sprinkle the flour over the butter, and stir and cook until it's well blended (this is your roux).
2. Cook the butter and flour, still stirring, about a minute or so, to make sure the flour is thoroughly cooked and there's no raw flour taste.
3. Combine the milk, cream and chicken broth in a liquid measuring cup, and slowly pour into the flour mixture, stirring all the while to combine it thoroughly. Continue stirring mixture until it is smooth and well blended. Stir until bubbles start to appear, this is when it will start to thicken. This can take anywhere from 5 to 15 minutes until the sauce has thickened to the right consistency (think Elmer's Glue, but a little looser. If you drag a finger across the back of a spoon dipped in the sauce, and the line stays crisp and clear - it should be ready).
4. Stir in the black pepper, kosher salt, Sriracha, and honey mustard. Remove from heat and stir in the shredded cheese. Keep stirring until the cheese is thoroughly melted, and you have a creamy sauce. Taste and season the sauce more if it needs it.

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5. Drain the pasta and put back into the pot you cooked it in. Pour the sauce over the pasta and stir together until the pasta is thoroughly coated. Cover with the lid of the saucepan and allow it to sit for a few minutes to absorb the sauce. Serve in bowls topped with some chopped parsley or chives, a little more black pepper and pass the Sriracha for those who want more.

**This recipe is from**

<http://parsleysagesweet.com/2012/06/04/extremelycreamystovetopsrirachamacaroniandcheeseforsrc/>

# Lemon-Dijon Tofu and Potatoes

## Ingredients

- 1 tablespoon olive oil
- ¼ cup Dijon mustard
- 2 tablespoons lemon juice
- 2 teaspoons dried thyme
- 2 tablespoons paprika (hot or sweet)
- 1½ pounds potatoes, cut into large chunks
- 1 package extra firm tofu, cut into large cubes
- ½ cup vegetable stock
- Salt
- Freshly ground pepper

## Directions

1. Preheat oven to 425F.
2. Mix together the olive oil, mustard, lemon juice, thyme, and paprika in a bowl.
3. Put potatoes and tofu in a large baking dish. Add the mustard mixture and toss to combine. Season generously with salt and pepper.
4. Pour the broth over and bake, uncovered, for 45 minutes to 1 hour, until potatoes are tender on the inside and crispy outside. Stir occasionally.
5. Remove from the oven and allow to cool slightly before serving

This recipe is from

<http://www.katherinemartinelli.com/blog/2011/vegangflemondijontofupotatoesrecipe/>

# Rosemary Roasted Onions

## Ingredients

- 2 red onions
- 1 yellow onion
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1 clove minced garlic
- 1/2 tablespoon dried rosemary
- 3/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 cup good olive oil

## Directions

1. Preheat the oven to 400 degrees F.
2. Remove the stem end of each onion and carefully slice off the brown part of the root end, leaving the root intact. Peel the onion. Stand each onion root end up on a cutting board and cut the onion in wedges through the root. Place the wedges in a bowl
3. For the dressing, combine the lemon juice, mustard, garlic, rosemary, salt, and pepper in a large bowl. Slowly whisk in the olive oil
4. Pour the dressing over the onions and toss well (I tried to use spoons, but the hands are the perfect tool for this job).
5. With a slotted spoon, transfer the onions to a sheet pan, reserving the vinaigrette that remains in the bowl. Bake the onions for 30 to 45 minutes, until tender and browned. Toss the onions once during cooking.  
Remove from the oven, and drizzle with the reserved dressing. Season to taste and serve warm or at room temperature

This recipe is from <http://www.theslowroasteditalian.com/2011/08/rosemaryroastedonions.html>



# Best Ever Boston Baked Beans

## Ingredients

- 2 (16 ounce) cans pinto beans, drained and rinsed
- 2 (16 ounce) cans Cantellini beans (or Northern), drained and rinsed
- 1 (16 ounce) can red kidney beans, drained and rinsed
- 1 pound thick cut bacon, uncooked (divided)
- ½ medium onion, diced
- ¾ cup ketchup
- ¼ cup molasses
- ½ cup maple syrup
- 2 tablespoons Dijon mustard
- 1 teaspoon black pepper

## Directions

1. Preheat oven to 350°F.
2. Pour rinsed and drained beans into a 9x13 baking dish. Set aside.
3. Reserve enough bacon to cover the top of your baking dish (I used 5 slices). Using kitchen shears, cut the remaining bacon into bite size pieces and place into casserole dish. Dice onion and add to casserole dish. Set aside.
4. In a 4 cup bowl; combine ketchup, molasses, maple syrup, mustard and pepper. Whisk to combine. Pour sauce over bean mixture and gently stir to combine. Cut reserved bacon into bite sized pieces and place on top of bean mixture.
5. Bake beans in a preheated oven for 60 minutes, or until sauce is thickened and bacon is cooked through.
6. Serve and enjoy!

This recipe is from

<http://www.theslowroasteditalian.com/2014/06/besteverbostonbakedbeansrecipe.html>

# BBQ Chicken Chopped Salad with Grilled Garlic Croutons

## Ingredients

- 1 pound boneless, skinless chicken breasts
  - 2 garlic cloves, minced
  - 1 tablespoon brown sugar
  - 1 teaspoon onion powder
  - 1 teaspoon salt
  - 1 teaspoon smoked paprika
  - 1 teaspoon pepper
  - 1 1/2 cups barbecue sauce
  - 4 slices Italian or sourdough bread (or whatever you love!)
  - 2 tablespoons olive oil
  - 1 teaspoon garlic powder
  - 8 scallions
  - 2 ears sweet corn
  - 8 ounces butter lettuce, coarsely chopped
  - 4 ounces arugula greens, coarsely chopped
  - 1/3 cup torn fresh cilantro
  - 1 pint grape tomatoes, quartered
  - 4 slices bacon, cooked and crumbled
  - 1 avocado, chopped
  - 4 ounces white cheddar cheese, chopped into tiny chunks
- Honey mustard vinaigrette**
- 2 tablespoons honey
  - 1 1/2 tablespoons Dijon mustard
  - 1 garlic clove, minced
  - 1/4 teaspoon salt
  - 1/4 teaspoon pepper
  - 1/4 cup golden balsamic vinegar
  - 2/3 cup extra virgin olive oil

## Directions

1. Add the chicken to a baking dish or zip lock bag. In a small bowl, whisk together the brown sugar, onion powder, salt, paprika and pepper. Season the chicken with the spice mixture. Add the garlic cloves to the barbecue sauce and pour the sauce over top. Marinate in the fridge for at least 30 minutes (or up to overnight) before grilling.

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2. Turn on your grill to high heat and let it heat up for about 20 minutes before grilling. Drizzle the bread with the olive oil on both sides and cover it with the garlic powder. To grill the bread, place it on the grates and grill under it toasts and becomes brown - about 2 minutes per side. Watch closely as the thickness of your bread will determine how long to grill it. Remove the bread and set it aside.
3. Next, add the green onions to the grill. I add them whole and grill about 3 to 4 minutes per side, until charred on each side. I adore the flavor this brings to scallions! You can also add the two ears of corn to the grill at this time. I do not season them before grilling because they are going right into the big salad. I simply throw them on the grill and grill until toasted all around. Remove the scallions and corn from the grill and set it aside.
4. Next, grill your chicken until cooked through, about 6 to 8 minutes per side for chicken that is around one inch thick. You want an internal temperature of 165, or cut through the center and make sure there is no pink.
5. Once your vegetables and chicken have cooled, chop them. I discard the white ends of the scallions and chop the rest. Slice the corn from the cob and chop the chicken into chunks. Take the bread and cut it into chunks. The size of the food does not matter - as long as it all is around the same size. For the perfect chopped salad!
6. Assemble the salad in a large bowl. Mix together the butter lettuce, arugula and cilantro. Season them with a pinch of salt and pepper and toss. Add in the chicken, scallions, corn, tomatoes, bacon, avocado and white cheddar. Toss and add in the croutons, tossing once more. Serve immediately with the honey mustard vinaigrette.
7. **Honey mustard vinaigrette**  
Add the honey, mustard, garlic, salt and pepper to a bowl. Whisk to combine. Add in the vinegar and whisk again until smooth. While whisking, stream in the olive oil and whisk constantly until emulsified. You can keep this in the fridge for about a week - it may separate but just shake or whisk well before using.

This recipe is from

<http://www.howsweeteats.com/2014/06/bbqchickenchoppedsaladwithgrilledgarliccroutons/>

# Dill and Caper Egg Salad

## Ingredients

- 4 large hard boiled eggs, whites separated from yolks and chopped fine
- 1 large or 2 medium/small stalks of celery, minced (about 1/3 cup – 1/2 cup)
- Heaping Tablespoon drained capers
- 1 Tablespoon whole grain mustard
- 1 1/2 Tablespoon water or oil (or more/less to achieve desired creaminess)
- 1 teaspoon fresh lemon juice
- Pinch each: salt, pepper, garlic powder (or adjust to taste)
- Packed 1/2 Tablespoon chopped fresh dill

## Directions

1. In a small bowl, toss together the chopped egg white, celery and capers.
2. In a medium bowl, mash the egg yolks with the back of a spoon or fork until smooth. Mix in the mustard, then the water or oil and lemon juice. Add more water or oil if your mixture isn't creamy or smooth enough for you (remember, this is going to be the binding substance taking the place of mustard). Once you have the desired consistency, stir in the salt, pepper, garlic powder and dill. Adjust seasonings to taste.
3. Carefully fold the egg/celery/caper mixture into the yolk mixture until combined.
4. Serve immediately garnished with additional fresh dill, or store in an airtight container in the fridge for up to 3 days.

This recipe is from <http://acleanbake.com/dillandcapereggssaladmayofree/>

# Winter Squash Salad with Quinoa, Dandelion Greens, & Wholegrain Mustard Vinaigrette

## Ingredients

### For the salad:

- 3 cups quinoa, cooked
- 3 cups favorite winter squash, cooked
- 2 cups dandelion greens, rinsed, trimmed, chopped
- 1/2 cup red onion, diced
- Parsley, garnish
- 1 tablespoon olive oil
- 1 garlic clove, minced
- salt and pepper to taste

### For the vinaigrette:

- 1/4 cup olive oil
- 2 tablespoons whole grain mustard
- 1 teaspoon red wine vinegar
- squeeze of lemon juice
- salt and pepper to taste

## Directions

### 1. *For the salad:*

In a medium skillet preheated to medium heat, add olive oil, garlic, and dandelion greens with salt and pepper. Cook until softened and remove from heat.

### 2. To serve the salad, combine quinoa and squash. Top with dandelion greens, red onion, and parsley. Drizzle vinaigrette over the top!

### 3. *for the vinaigrette:*

In a bowl, whisk all the ingredients together until combined

This recipe is from

[http://www.climbinggriermountain.com/2014/01/wintersquashsaladwithquinoadandeliongreenswholegrainmustardvinaigrette.html?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=wintersquashsaladwithquinoadandeliongreenswholegrainmustardvinaigrette](http://www.climbinggriermountain.com/2014/01/wintersquashsaladwithquinoadandeliongreenswholegrainmustardvinaigrette.html?utm_source=rss&utm_medium=rss&utm_campaign=wintersquashsaladwithquinoadandeliongreenswholegrainmustardvinaigrette)

# Autumn Roast Vegetable Salad with Mustard Dressing

## Ingredients

### **Roasted vegetables:**

- ½ medium cauliflower, cut into medium florets
- 3 small red onions, quartered lengthways
- 4 small red peppers, cut into 1-inch strips
- ¼ medium red kuri squash, peeled and seeded and cut into ¾ inch by 3 inch slices
- Extra virgin olive oil
- Sea salt
- Freshly ground black pepper

### **Dressing:**

- 1 teaspoon black mustard seeds
- 2 tablespoon whole grain Dijon mustard
- 1 clove garlic, crushed
- 2 tablespoons red wine vinegar
- 1 tablespoon white balsamic vinegar
- 1 tablespoon naturally fermented mirin
- 3 tablespoons extra virgin olive oil
- Sea salt
- Freshly ground black pepper

### **Salad:**

- 1 ½ cups cooked and drained chickpeas
- 1 cup finely sliced Lacinato kale

## Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line a rimmed baking sheet with parchment paper and add all the vegetables. Drizzle with olive oil, sprinkle with salt and pepper and toss well to combine. Spread vegetables evenly over tray in a snug single layer. Roast for 30 minutes or until most of the vegetables have a brown bottom, turn each vegetable over and roast another 20 minutes or until browning.
3. Remove from oven and set aside to cool on the tray

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4. **Make the dressing:**
5. **Warm a skillet over medium heat and add mustard seeds. Toast for a couple of minutes or until you hear the first one pop. Transfer to a bowl and add Dijon mustard, garlic, vinegars and mirin; whisk to combine. Add olive oil, a pinch of salt and pepper and whisk again. Stir in chickpeas and pour over cooled vegetables. Add kale and gently toss to combine. Serve at room temperature**

**This recipe is from**

[http://amychaplin.com/2013/10/23/autumnroastvegetablesaladwithmustarddressing/#\\_a5y\\_p=1026263](http://amychaplin.com/2013/10/23/autumnroastvegetablesaladwithmustarddressing/#_a5y_p=1026263)

# White Wine and Mustard Gravy

## Ingredients

- 4 tablespoons (half stick) unsalted butter
- 1/4 cup finely minced shallots
- 1/4 cup flour
- 3 cups turkey drippings or stock
- 1 cup white wine
- 2 tablespoon whole grain mustard
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- Kosher salt and freshly ground black pepper

## Directions

1. Melt butter over medium high heat in medium saucepan. When foaming subsides, add shallots and cook, stirring occasionally, until softened, about 5 minutes.
2. Whisk in flour and cook, stirring frequently, until golden blonde, about 2 minutes.
3. Gradually add in turkey drippings or stock and wine in a steady stream, whisking constantly. Bring to a boil, reduce to a simmer, and cook until reduced to 3 cups, 10 to 15 minutes. Remove from heat. Whisk in mustard and honey. Season with salt and pepper to taste. Serve immediately or store in an airtight container in refrigerator for up to a week, reheating over medium-low heat before serving.

This recipe is from

<http://www.seriousseats.com/recipes/2014/11/whitewinemustardgravyrecipe.html>



# Honey Mustard Potato Salad

## Ingredients

- 1 ½ lbs. potatoes, thinly sliced
- ½ cup honey mustard dressing
- 1 tsp salt

## Directions

1. Preheat oven to 350°.
2. In a large bowl, combine all ingredients.
3. Transfer to a large bar pan.
4. Bake for 35-45 minutes or until tender

This recipe is from <http://www.edesiasnotebook.com/2010/07/honeymustardpotatoes.html>

# Mashed Potatoes with Bacon and Mustard

## Ingredients

- 4 pounds Yukon Gold potatoes, peeled and cut into 1-inch pieces
- Kosher salt
- 1/2 pound thick-cut meaty bacon, finely diced
- 1 large red onion, finely chopped
- 1/4 cup apple cider vinegar
- 2 tablespoons whole-grain mustard
- 1 teaspoon celery seeds
- 1 1/2 sticks unsalted butter
- 1 1/4 cups whole milk
- 1 cup mayonnaise
- 1/4 cup finely chopped parsley
- Freshly ground white pepper

## Directions

1. In a large saucepan, cover the potatoes with water and bring to a boil. Add a generous pinch of salt and simmer over moderate heat until tender, about 20 minutes. Drain the potatoes in a colander, shaking off any excess water.
2. Meanwhile, in a large skillet, cook the bacon over moderately high heat, stirring occasionally, until crisp, about 8 minutes. Using a slotted spoon, transfer the bacon to paper towels to drain. Pour off all but 2 tablespoons of the fat from the skillet. Add the onion and cook over moderate heat, stirring, until just starting to brown, 6 to 8 minutes. Add the vinegar, mustard and celery seeds and cook, stirring, until most of the liquid has been absorbed, about 2 minutes.
3. In the large saucepan, melt the butter in the milk over moderately low heat. Press the potatoes through a ricer into the pot and mix well. Fold in the mayonnaise, bacon, onion mixture, and parsley and season with salt and white pepper. Serve right away

This recipe is from <http://www.foodandwine.com/recipes/mashedpotatoeswithbaconandmustard>

# Warm New Potato Salad with Grainy Mustard

## Ingredients

- 2 lb. small (1- to 1 1/2-inch) potatoes, preferably new potatoes
- 1 1/2 teaspoons salt
- 3 tablespoons finely chopped shallots (about 2)
- 1/2 tablespoon Dijon mustard
- 1 tablespoon whole-grain mustard
- 1 tablespoon white-wine vinegar, or to taste
- 1/2 teaspoon black pepper
- 3 tablespoons olive oil
- 2 tablespoons chopped fresh flat-leaf parsley

## Directions

1. Cover potatoes with water by 1 inch in a 3- to 4-quart saucepan, then bring to a boil with 1 teaspoon salt. Simmer, partially covered, until potatoes are tender, about 10 minutes, then drain.
2. Whisk together shallot, mustards, vinegar, pepper, and remaining 1/2 teaspoon salt in a large bowl, then add oil in a slow stream, whisking until emulsified.
3. When potatoes are just cool enough to handle, halve them, then add to vinaigrette along with parsley and toss to combine. Serve warm or at room temperature.

This recipe is from

<http://www.epicurious.com/recipes/food/views/WarmNewPotatoSaladwithGrainyMustard235483>

# Bacon Caprese Salad

## Ingredients

- **FOR THE VINAIGRETTE:**
- ¾ lb. bacon, diced and crisped, fat reserved
- ½ cup chopped celery
- ½ cup honey
- ½ cup rice vinegar
- ½ cup sliced shallots
- ¼ cup roasted garlic
- 1¼ tbsp. lemon juice
- ½ tbsp. dijon mustard
- ¼ cup canola oil
- Kosher salt and freshly ground black pepper, to taste
- 
- **FOR THE SALAD:**
- 1 lb. fresh mozzarella, halved crosswise and thinly sliced
- 4 heirloom tomatoes, cut into wedges
- 1 tbsp. fresh marjoram leaves

## Directions

1. **Make the vinaigrette:** In a large food processor, process ½ lb. bacon, celery, honey, vinegar, shallots, garlic, lemon juice, and mustard until smooth. With the processor running, slowly add oil and the reserved bacon fat; season with salt and pepper.
2. **Make the salad:** Combine mozzarella, tomatoes, and marjoram; season with salt and pepper and drizzle with vinaigrette. Garnish with remaining bacon

This recipe is from <http://www.saveur.com/article/recipes/bacon-caprese-salad>

# Celery Root Remoulade

## Ingredients

- 3 tbsp. Dijon mustard
- 3 egg yolks
- 1½ cups canola oil
- ¼ tsp. cayenne
- Juice of 2 lemons
- 3 lb. celery root, peeled and cut into ½"-thick matchsticks
- 1 tbsp. minced kalamata olives
- Kosher salt and freshly ground black pepper, to taste
- ¼ cup thinly sliced parsley

## Directions

1. Whisk together mustard and yolks in a bowl; while whisking constantly, slowly drizzle in oil, a few drops at a time, to emulsify. Continue slowly streaming oil into bowl and whisking until a smooth mayonnaise forms; stir in cayenne and juice. Add celery root, olives, and salt and pepper, and toss to coat. Cover with plastic wrap and chill until celery root wilts slightly, about 40 minutes. Stir in parsley before serving

This recipe is from <http://www.saveur.com/article/Recipes/Classic-Celeriac-Remoulade>

# How to Make Homemade Hummus with Mustard

## Ingredients

- 1 15- ounce can chickpeas, rinsed
- 3 cloves of garlic
- ¼ Cup olive oil, plus more for serving
- 2 Tablespoons fresh lemon juice
- 2 Tablespoons Clove Encounter – Garlic & Oregano Mustard
- 1 Teaspoon ground cumin
- ½ Teaspoon dried oregano
- ¾ Teaspoon Kosher salt
- ¼ Teaspoon paprika

## Directions

1. In a food processor, puree the chickpeas and garlic with the olive oil, lemon juice, garlic mustard, cumin, oregano, and salt until smooth and creamy. Make sure to scrape the bowl to get everything incorporated. Add 1 to 2 tablespoons water as necessary to achieve the desired consistency.
2. Transfer to a bowl. Drizzle with olive oil and sprinkle with the paprika before serving.
3. Serve alongside toasted naan or pita chips.  
Your choice!

This recipe is from

<http://www.buymustard.com/blogs/recipes/13266605howtomakehomemadehummuSwithmustard>

# Party in the Hills Snack Mix

## Ingredients

Combine the following in a greased roasting pan:

- 4 Cups Rice Chex
- 4 Cups Corn Chex
- 2 Cups Wheat Chex
- 2 Cups Oyster Crackers
- 2 Cups Pretzels
- 2 Cups Peanuts

**In a Separate Bowl, combine:**

- ½ Cup Melted Butter
- 1/3 Cup Honey
- ½ Cup Worcestershire Sauce
- ½ Cup Green Mountain Mustard
- 2 Tablespoons Dry Mustard Powder

## Directions

1. Drizzle the above mixture over the Chex cereal and bake at 250° for 1 hour stirring every 15 minutes. Cool completely before stirring

This recipe is from <http://www.buymustard.com/blogs/recipes/10988005partyinthehillssnackmix>

# Honey Mustard and Onion Pretzels

## Ingredients

- 12 oz. sourdough hard pretzels
- 2/3 Cup vegetable oil
- 3 Tablespoons honey
- 2 Tablespoons yellow mustard
- 1 Teaspoon onion powder

## Directions

1. Preheat oven to 275° and line a large baking sheet with silicone baking mats or parchment paper
2. In a large bowl, whisk together vegetable oil, honey, yellow mustard, and onion powder
3. Smash the sourdough hard pretzels against your countertop into bite-size pieces
4. Pour the pretzels into the mixture and toss well to coat every piece
5. Pour the pretzels onto the baking sheet and spread them out in an even layer
6. Bake for 30 minutes, tossing/turning the pieces halfway through baking
7. Remove from oven, let cool, then store in an airtight container

This recipe is from <http://www.tablefortwoblog.com/honeymustardandonionpretzels/>



# Homemade Soft Pretzel Twists

## Ingredients

- 1 ½ Cups warm (110-115°) water
- 1 Tablespoon sugar
- 2 Teaspoons kosher salt
- 1 (1/4 ounce) package active dry yeast
- 4 ½ cups all-purpose flour
- 4 Tablespoons unsalted butter, melted
- Vegetable oil
- 2/3 Cup baking soda
- 1 Large egg yolk beaten with 1 tablespoon water

## Directions

1. In a bowl of a stand mixer, combine the water, sugar, and kosher salt. Sprinkle the yeast on top and allow it to sit for 5 minutes or until it begins to foam
2. Secure the hook attachment to the stand mixer, then add the flour and butter to the bowl and mix on low until the ingredients are combined
3. Increase the speed to medium and knead until the dough is smooth and pulls away from the side of the bowl, 4-5 minutes
4. Remove the dough from the bowl. Clean the bowl and then grease it with vegetable oil
5. Return the dough to the bowl, cover it with plastic wrap and place it in a warm place for 1 hour, or until the dough has doubled in size
6. Preheat the oven to 450° and position the oven racks in the middle two positions in your oven.
7. Line two sheet trays with lightly oiled parchment paper
8. Stir together the 10 cups of water and the baking soda in an 8-quart pot. Bring the mixture to a rolling boil
9. While the water comes to a boil, turn the dough onto your work surface and divide it into 12 equal pieces (do not flour your work surface)
10. Applying even pressure, roll out each piece of dough into an 18 to 20 inch rope. Fold each rope in half, twisting the two pieces around one another and pressing the ends together. Twist the bottom end around the top feeding it through the top hole and pressing to secure. Return twists to the cookie sheet
11. One by one, carefully place each twist into the boiling water for 30 seconds. Remove each twist from the water using a large slotted spoon or spatula and return it to the cookie sheet. Brush the tops of the twists with the egg wash and sprinkle with kosher salt (optional)

-Continue-

12. Bake the twists until golden brown in color 12 to 14 minutes, rotating the pans (between racks and turning to rotate pans) halfway through, then remove the twists from the oven and allow them to cool for 5 minutes before serving

This recipe is from <http://www.justataste.com/2014/02/homemadesoftpretzeltwistsrecipe/>

# Honey-Mustard Snack Mix

## Ingredients

- 7 Cups plain bagel chips, broken in half
- 6 Cups pretzel sticks
- 3 Cups sesame sticks
- 12 Tablespoons unsalted butter (1 ½ sticks) melted
- 1 ¼ Cups honey
- ¾ Cup Coleman's mustard powder
- 4 teaspoons kosher salt

## Directions

1. Heat the oven to 375°F and arrange the racks in the upper and lower thirds of the oven. Line two baking sheets with parchment paper; set aside.
2. Mix together bagel chips, pretzel sticks, and sesame sticks in a large bowl until evenly combined; set aside
3. Mix together butter, honey, mustard powder, and salt in a medium bowl until smooth and well combined. Pour over pretzel mixture, stirring until evenly coated
4. Scatter snack mix in a single layer on the prepared baking sheets. Bake, stirring occasionally, until toasted and browned, about 20 minutes. Let cool to room temperature, then break into bite-size pieces.

This recipe is from <http://wegottaeat.com/moatzr/recipes/honeymustardsnackmix>

# Basic Mustard Vinaigrette

## Ingredients

- 1 Clove of garlic, smashed
- 2 Tablespoons of balsamic vinegar
- 1 Teaspoon Dijon mustard
- 5-6 Tablespoons oil
- Pinch of dried parsley
- Pinch of dried thyme
- Salt and freshly ground pepper to taste

## Directions

1. In a clean jar or small bowl, add the vinegar, garlic, mustard and mix well.
2. Slowly add the olive oil while either whisking or stirring rapidly with your fork.
3. Add the parsley and thyme, salt and pepper, taste and adjust seasonings.

This recipe is from <http://www.reluctantgourmet.com/basicmustardvinaigrettereceipe/>

# Giddy Swamp, South Carolina Mustard Barbeque Sauce

## Ingredients

- 1 Tablespoon olive oil or vegetable oil
- ¼ Cup minced onion
- 3 Cloves garlic, minced
- 1 Cup yellow ballpark-style mustard
- 1 Teaspoon dry mustard
- ¼ Cup ketchup
- 2 Tablespoons sugar
- 1 Teaspoon chili powder
- 1 Tablespoon worchestshire sauce
- 1 Tablespoon freshly ground pepper
- 1 tablespoon red pepper flakes
- ¾ Cup water

## Directions

1. Sauté onions and garlic in olive oil on low heat until soft and transparent.
2. Whisk in remaining ingredients, cook on low heat for 30 minutes stirring often.
3. Thin sauce if necessary with additional water.
4. Add more red pepper flakes if you want it spicier.
5. Cool then refrigerate

This recipe is from

<http://food52.com/recipes/21962giddyswampsouthcarolinamustardbarbecuesauce>

# Soft Pretzel and Jones Bacon Stuffing with Mustard and Beer

## Ingredients

- 10 heaping cups pretzel bread, cubed
- 1 (16 oz.) package Jones Dairy Farm Dry Aged Bacon, cut into 1/2 inch pieces
- 1 medium onion, chopped
- 4 celery ribs, chopped
- salt and pepper to taste
- 1 1/2 cups chicken broth
- 1/2 cup beer
- 2 large eggs
- 2 tablespoon honey
- 1/4 cup Dijon mustard
- 1/2 cup chopped fresh parsley

## Directions

1. Preheat oven to 200°F. Spread out pretzel cubes on baking sheets and bake about 1 hour, until bread dries out, flipping bread cubes halfway through. Remove bread; set aside to cool and increase oven temperature to 375°F.
2. In large sauté pan, fry bacon until crisp. Remove bacon from pan and place on paper towel-lined plate to cool. Drain off 1/4 cup bacon grease from pan; set aside. Add onion and celery to pan with remaining bacon grease and cook over medium heat until soft, about 5 minutes; season with salt and pepper. Set aside.
3. In medium bowl, whisk together chicken broth, beer, eggs, honey and mustard.
4. In greased 9 x 13-inch casserole dish, gently combine bread cubes, bacon, parsley, and onion/celery mixture. Pour broth mixture over top and toss gently to coat. Pour reserved bacon grease over top; bake 40 minutes

This recipe is from

<http://www.jonesdairyfarm.com/recipes/bacon/softpretzelandjonesbaconstuffingwithmustardandbeer#.VOOzfFPF8iQ>

# Honey and Mustard Roasted Cashews

## Ingredients

- 1 1/2 cups raw cashews
- 2 tablespoons honey
- 1 tablespoon olive oil
- 1 1/2 teaspoons ground yellow mustard seed
- 1/2 teaspoon sea salt
- 1/4 teaspoon crushed red pepper flakes

## Directions

1. Preheat oven to 375 degrees F. Line baking sheet with parchment or silicone baking mat.
2. In a medium-sized bowl, stir together honey, olive oil, mustard, red pepper flakes, and salt. If you happen to be using raw or thicker honey, feel free to loosen the honey with a few seconds in the microwave. Thinner honey will create a better coating for the nuts. Toss cashews into mixture and stir until all of the cashews are coated.
3. Spread cashews in a single layer on baking sheet and bake at 375 for 10-15 minutes until fragrant, stirring once about halfway through cooking time. Keep an eye on the cashews after about 12 minutes. The nuts can burn quickly.
4. Remove from oven. Toss to coat and loosen from the pan. Allow to cool before enjoying. Store in an airtight container at room temperature

This recipe is from <http://joythebaker.com/2014/02/honeyandmustardroastedcashews/>

# Classic Deli Dirt Sandwich with Sweet Relish, Pastrami, and Swiss

## Ingredients

- 2 Slices of bread
- 3 Tablespoons Deli Dirt Everything Bagel Mustard
- 3 Thin slices of Swiss cheese
- 6 Slices of turkey pastrami
- 4 Tablespoons sweet relish

## Directions

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.

This recipe is from

<http://www.buymustard.com/blogs/recipes/12656909classicdelidirtsandwichwithsweetrelishpastramiandswiss>



# Sweet Sombrero & Bacon Cheddar Grilled Cheese

## Ingredients

- 4 Slices of Sicilian bread
- 2 Tablespoons of butter
- 4 Huge hunks of Cabot's Bacon cheddar
- 4 Tablespoons of Sweet Sombrero Jalapeno Mustard

## Directions

1. Butter one side of all four pieces of bread
2. Place bread, butter-side down, in a small sauté 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 sauté pan to better melt the cheese
5. Cut and serve

This recipe is from

<http://www.buymustard.com/blogs/recipes/12655909sweetsombrero Bacon cheddar grilled cheese>

# Double Burn Tuna Sandwich with Barn Burner Mustard

## Ingredients

- 2 English muffins
- 1 Can of White Albacore Tuna
- 3 Tablespoons Barn Burner Mustard (split up)
- 2 Tablespoons Habanero BBQ Sauce
- 1 Tablespoon Mayonnaise
- 3 Large lettuce leaves, hand torn
- 1 Onion sliced

## Directions

1. Slice English muffin 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
4. Divide in two and spread on each sandwich
5. Top with lettuce, onion, and more BBQ sauce if you like

This recipe is from

<http://www.buymustard.com/blogs/recipes/12094961doubleburntunasandwichwithbarnburnermustard>

# Spicy Black Bean and Kale Grilled Cheese

## Ingredients

- 1 Tablespoon onion, finely chopped
- 1 Tablespoon red bell pepper, finely chopped
- ½ Tablespoon cilantro finely chopped
- 1 Kale leaf veined and chopped
- 1/3 Cup black beans, cooked
- ¼ Teaspoon cumin
- Salt and pepper to taste
- ½ Tablespoon butter, softened
- 2 Slices of whole wheat bread
- 1 Tablespoon Barn Burner Red Habanero Mustard
- 2 Slices sharp white cheddar

## Directions

1. Grease small skillet and turn on to medium heat. Add onion, bell pepper, and kale
2. Sauté for a few minutes until soft
3. Add black beans, cilantro, cumin and salt and pepper
4. Cook a few minutes then transfer to plate
5. Using a fork, mash beans lightly and set aside
6. Spread bread with butter and turn over then spread with mustard.
7. Lay 1 slice of cheese on each mustard side.
8. Spread one side with black bean mixture and put sandwich together
9. Place sandwich on griddle heated to low and cook a few minutes until golden. Flip and cook a few more minutes until golden and cheese is melted

This recipe is from <http://foodologie.com/2014/03/25/spicyblackbeanandkalegrilledcheese/>

# Mustard Turkey Burger with Avocado, parmesan and Peppadew Peppers

## Ingredients

- 1 Pound ground turkey
- 1 tablespoon Dijon mustard
- ¼ cup minced red onion
- 1 Teaspoon coarse salt
- Extra-virgin olive oil, for drizzling
- 4 Whole-wheat buns grilled
- 1 Avocado, sliced
- 4-5 Peppadew peppers, sliced
- 1 Cup baby arugula
- ¼ Cup grated Parmesan

## Directions

1. In a bowl, combine turkey, Dijon mustard, onion, and salt. Form mixture into four patties and chill for 30 minutes
2. Drizzle patties with oil and grill over medium-high heat until cooked through, 4 to 5 minutes per side
3. Serve on buns with avocado, Peppadews, arugula, and Parmesan

This recipe is from

<http://www.thebittenword.com/thebittenword/2012/06/mustardturkeyburgersavocadoparmesanpeppadew-peppers.html>

# Grilled Brie, Turkey and Cranberry Mustard Sandwich

## Ingredients

- 1-2 Tablespoons oil
- 1-2 Tablespoons butter
- 4 Pieces of rustic sourdough bread
- 4 Ounces sliced turkey
- 2 Ounces sliced brie (1/4 inch thick)
- 1 Teaspoon thyme leaves (optional)
- 4-6 Tablespoons cranberry mustard

### **Cranberry Mustard**

- 1/2 Red onion, diced
- 2 Tablespoons olive oil
- 2 Cups fresh cranberries
- 1/2 Cup apple cider vinegar
- 1/2 Cup water
- 1/2 Teaspoon salt
- 1/2 Teaspoon cracked pepper
- 1/3 Cup sugar
- 4 Tablespoons whole mustard seeds
- 1 Tablespoon ground mustard
- 1/2 Teaspoon ground allspice

## Directions

1. Preheat oven to 400 F
2. Take two slices of good quality sourdough bread and layer with sliced brie (1/4 inch thick), then turkey, and a few generous dollops of cranberry mustard. Top with the other slice of bread.
3. In a skillet, heat a mixture of butter and oil and toast the sandwich, on medium heat, on both sides until perfectly golden in color. Place in the warm oven until sandwich is heated through and brie is melty
4. In a medium sized heavy bottom pot, sauté the onion over medium high heat until just tender, about 5 minutes. Add the remaining ingredients, stirring to combine, bring to a simmer, cover, and turn heat to low for 10 minutes.
5. Turn heat off, leave covered and let stand for one hour. Check consistency. If you like a looser mustard, add a few tablespoons of water to get it to desired consistency.
6. Preserve like you would jam, or refrigerate

This recipe is from

<http://www.feastingathome.com/2014/11/turkeybriegrilledcheesesandwich.html>

# Monte Cristo Sandwich

## Ingredients

- 2 Eggs
- Pinches of salt and pepper
- 4 Slices sturdy white bread
- 2 Tablespoons mustard
- 2 Tablespoons mayonnaise
- ½ Pound thick sliced baked ham
- ½ Ounce, weight shredded gruyere cheese
- 2 Tablespoons butter
- Optional garnish/topping: powdered sugar, honey preserved

## Directions

1. Beat eggs in a shallow dish along with a few pinches of salt and pepper. Set aside
2. Assemble sandwiches with mustard, mayonnaise, ham, cheese, salt and pepper to personal preference. Slightly compress sandwich
3. Over medium heat melt butter in skillet
4. Dip and coat each sandwich in beaten egg, and place in skillet. Cook sandwiches 2-3 minutes on each side, until brown to liking and cheese has melted

This recipe is from <http://shewearsmanyhats.com/montecristo/>

# Fried Bologna Sandwich

## Ingredients

- 2 slices white bread
- 2-5 slices bologna (depending on how stacked you want your sandwich and how thick the bologna is.)
- yellow mustard, to taste

## Directions

1. Make a cut from a center point of the bologna through the outer edge of the slice. In other words, kind of give your bologna slice a Pac man mouth.
2. Lay your bologna in a cold, heavy frying pan and turn the heat to medium.
3. When the pan is fully heated and the bologna starts to show signs of browning around the edges, flip over with tongs or a fork. Continue cooking until well-browned on the other side.
4. Pile the bologna onto one slice of the waiting bread. Repeat with any bologna that didn't fit in the pan the first time (you don't have to wait for the pan to cool off, just keep in mind it will cook faster.)
5. Spread yellow mustard on the remaining slice of bread use it to top off the sandwich. Slice in half and serve immediately.

This recipe is from <http://www.foodiewithfamily.com/friedbolognasandwich/>

# Crispy Zucchini Grilled Cheese with Dijon Horseradish Aioli

## Ingredients

- 4 slices whole grain bread
- 1 small zucchini, sliced into 1/4-inch rounds
- 1 large egg + 1 large egg white
- 3/4 cup panko bread crumbs
- 1/3 cup seasoned fine bread crumbs
- 1/4 cup flour
- 1/4 cup finely grated parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 2 tablespoons olive oil
- 6 ounces freshly grated cheddar cheese
- softened butter for spreading

## Aioli

- 1 1/2 tablespoons Dijon mustard
- 1 large egg yolk
- 2 teaspoons fresh lemon juice
- 1/2 cup olive oil
- 2 tablespoons whole grain mustard
- 1 1/2 tablespoons prepared horseradish
- a pinch of salt + pepper

## Directions

1. Prep the aioli first (recipe below).
2. In a bowl, whisk together the egg and egg white. In another bowl, whisk together the panko, breadcrumbs, flour, parmesan, salt, pepper and garlic powder. Heat a large skillet over medium heat and add olive oil. Dip each zucchini slice in the egg mixture to coat, then dredge through the breadcrumbs, pressing gently to adhere. Place in the skillet and cook until golden - about 2 minutes per side. When finished, remove the slices with kitchen tongs and let drain on a paper towel.

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# Honey Mustard Turkey Salad Sandwiches

## Ingredients

- 3 cups chopped or shredded cooked turkey
- 1 cup diced apples
- ½ cup raisins
- ½ cup pumpkin seeds
- ½ cup halved grapes
- ½ cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 12 slices white bread

## Directions

1. In a large bowl, combine the turkey, apples, raisins, pumpkin seeds and grapes.
2. In a small bowl, mix together the mayonnaise, mustard and honey. Pour over the turkey mixture and mix well.
3. Serve about ½ cup of the turkey salad mixture on one slice of bread and top with another slice of bread. Repeat to make 6 sandwiches

This recipe is from <http://www.tasteandtellblog.com/honeymustardturkeysaladsandwichesrecipe/>

# Bratwurst Grilled Cheese

## Ingredients

- oil
- 1 onion, sliced
- 1-2 tablespoons butter, at room temperature
- 1 bratwurst
- 1 pretzel roll, sliced lengthwise
- beer mustard, to taste
- 1/2-3/4 cup shredded gruyère
- 1 small boiled Yukon gold potato, sliced
- freshly ground pepper, to taste

## Directions

1. In a heavy bottomed skillet, heat up a small amount of oil over medium heat. Add the sliced onions and cook until soft and caramelized, stirring every so often, about 20 minutes. Remove from the heat and set aside.
2. In the same skillet, cook the bratwurst. Add 1/4 – 1/2 inch of water, cover and bring to a gentle simmer over medium heat. When the water has evaporated, the brat should be cooked through. This is unnecessary, but if you like a bit of color on your brat, grill over medium-high, flipping, until slightly browned. Remove from the pan and let rest for 5 minutes before slicing into pieces that will fit inside your bread.
3. Arrange your sandwich. Butter the outsides of the pretzel bread and lay them on a cutting board. The butter should be facing out. Add beer mustard to taste and then layer in the following order: cheese, potato slices, cheese, bratwurst slices, cheese, caramelized onions, freshly ground pepper, and pretzel bread (butter facing out).
4. Heat up a non-stick or cast iron pan over medium heat and carefully move the sandwich to the pan. Fry until the cheese melts and the pretzel bread is golden brown and crispy, flipping once. Enjoy immediately.

This recipe is from <http://iamafoodblog.com/bratwurstgrilledcheeserecipe/>

# Croque Tartine Parisienne (Egg-Topped Ham and Cheese Sandwich)

## Ingredients

- 6 tbsp. unsalted butter
- 4 tbsp. flour
- 1 cup milk
- 5½ tbsp. Dijon mustard
- ¼ tsp. freshly grated nutmeg
- Kosher salt and freshly ground black pepper, to taste
- 8 (¼"-thick) slices country bread, lightly toasted
- 8 oz. thinly sliced smoked ham
- 16 oz. Gruyère cheese
- 4 eggs
- Crème fraîche, for garnish
- Aleppo pepper, for garnish
- Mixed green salad, for serving (optional)

## Directions

1. Melt 4 tbsp. butter in a 2-qt. saucepan over medium-high heat. Whisk in flour; cook 2 minutes. Whisk in milk; bring to a boil. Reduce heat to medium-low; cook until slightly thick, making a béchamel sauce, 6–8 minutes. Whisk in 1 ½ tbsp. mustard, plus nutmeg, salt, and pepper; set sauce aside.
2. Heat broiler to high. Place 4 slices bread on a baking sheet and spread 1 tbsp. mustard over each. Top each with 2 oz. ham, 2 tbsp. béchamel sauce, and 2 oz. cheese. Broil until cheese begins to melt, 1–2 minutes. Top with remaining bread slices and spread with remaining sauce; sprinkle with remaining cheese. Broil until cheese is browned and bubbly, 3–4 minutes.
3. Meanwhile, melt remaining butter in a 12" nonstick skillet over medium heat. Add eggs and season with salt and pepper; cook until whites are cooked but yolks are still runny, about 3 minutes. Place an egg on top of each sandwich, garnish with a dollop of crème fraîche, and sprinkle with Aleppo pepper. Serve with salad on the side, if you like

This recipe is from <http://www.saveur.com/article/Recipes/Croque-Tartine-Parisienne-Egg-Topped-Ham-and-Cheese-Sandwich>

# Herbed Chicken with Wholegrain Mustard

## Ingredients

- 1 Chicken Breast diced into ½” pieces
- Salt and pepper
- 2 Teaspoons garlic powder
- 2 Tablespoons olive oil
- 1 Teaspoon dried thyme
- 1 Teaspoon dried rosemary
- 1 Heaping tablespoon Golden Grains Mustard

## Directions

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 5-7 minutes
4. Add wholegrain mustard and mix together until a nice brown crust forms- another 3-5

This recipe is from

<http://www.buymustard.com/blogs/recipes/10987013herbedchickenwithwholegrainmustard>

# Garlicky Chicken Thighs

## Ingredients

- 8 Boneless skinless chicken thighs
- ¼ cup Green Mountain Mustard – Garlic & Oregano
- Couple shakes of Penzey's Fox Point Seasoning

## Directions

1. Move rack 4" from the broiler
2. Turn broiler on
3. Place thighs in bowl
4. Top with mustard and a couple shakes of the Fox Point Seasoning
5. Mix chicken around in bowl to ensure even coating
6. Place in oven and bake for 20 minutes
7. Flip half way through

This recipe is from <http://www.buymustard.com/blogs/recipes/10986969garlickychickenthighs>

# Atomic Rooster Chicken Salad

## Ingredients

### For the chicken:

- 8 Boneless chicken thighs, fat trimmed
- 1/4 Cup olive oil
- 3 Tablespoons Atomic Rooster Mustard
- Salt and Pepper to taste

### For the Salad:

- 2 Atomic Rooster chicken thighs diced
- 6 Leaves of romaine lettuce, chopped
- 1/3 English cucumber, diced
- 1 Red pepper, diced

### For the Spicy Mustard Vinaigrette:

- 2 Tablespoons olive oil
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon Atomic Rooster Mustard
- 1 Teaspoon dried oregano
- 1 Teaspoon Sriracha (rooster sauce found in Asian section)
- Salt and pepper to taste

## Directions

1. Move your oven rack close to the broiler in the top of your oven
2. Preheat your oven using broiler 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
7. Place your plate of lettuce, followed by cucumbers, and peppers
8. Top with diced chicken
9. Drizzle Spicy Mustard Vinaigrette

This recipe is from

<http://www.buymustard.com/blogs/recipes/10986513atomicroosterchickensalad>

# 15- Minute Maple Mustard Chicken

## Ingredients

- 1 Tablespoon olive oil
- 2 Chicken breasts, diced
- Salt and pepper
- 2 Tablespoons Maple Syrup, Grade B
- ½ Teaspoon Chili powder
- 2 Tablespoons GMM Sweet Hot Mustard

## Directions

1. Add oil to pan and preheat
2. Dice chicken breast up and season with salt and pepper on both sides
3. In a small bowl, mix maple syrup, mustard, and chili powder. Set aside
4. Add chicken to pan, browning both sides
5. Add maple mustard mixture and turn chicken to coat

This recipe is from

<http://www.buymustard.com/blogs/recipes/1098646515minutemaplemustardchicken>

# Man-Pleasing Chicken

## Ingredients

- 1 Package Chicken thighs
- ½ Cup Dijon mustard
- ¼ Cup Maple syrup
- 1 tablespoon Rice/rice wine vinegar
- Fresh rosemary
- Salt and pepper

## Directions

1. Preheat your oven to 450° then mix together mustard, maple syrup, and rice/rice wine vinegar
2. Put 1.5 pounds of chicken into a foil lined or disposable oven-proof 8x8 inch baking dish then salt and pepper the thighs and pour your maple mustard mixture over them turning the thighs in the mixture so they are fully coated
3. Put the chicken into the oven and let them bake for 40 minutes or until a meat thermometer reads 165° Baste the tops of the chicken with the sauce halfway through
4. Let the chicken rest for 5 minutes before serving. Plate the chicken, whisk the sauce that remains in the baking dish and then spoon the extra sauce over the top. Sprinkle over some fresh rosemary

This recipe is from <http://www.wittyinthecity.com/2011/08/manpleasingchicken/>



# Maple Dijon Chicken

## Ingredients

- 1  $\frac{3}{4}$  pounds boneless skinless chicken breasts or thighs
- $\frac{1}{2}$  Cup Dijon mustard
- $\frac{1}{4}$  Cup maple syrup
- 1 Tablespoon rice vinegar
- Sprinkling of fresh thyme or rosemary, optional
- Salt and pepper to taste

## Directions

1. Preheat oven to 450 degrees.
2. Butterfly the chicken or pound it to an even thickness, sprinkle them with salt and pepper, and place in a rimmed baking dish in an even layer.
3. In a small bowl, whisk together the syrup, Dijon, and vinegar until well combined.
4. Pour over the chicken. Sprinkle with the herbs, if using.
5. Bake for 35-40 minutes or until the chicken reaches 165 degrees. Baste with the sauce just before serving

This recipe is from <http://www.bunsinmyoven.com/2012/10/09/mapledijonchickenandathankyou/>

# Honey Mustard Chicken Salad

## Ingredients

- 1 large chicken breast (about  $\frac{3}{4}$  pound)
- 2 Stalks celery
- $\frac{1}{4}$  Cup dried cranberries
- $\frac{1}{4}$  Cup mayonnaise
- 1  $\frac{1}{2}$  Tablespoon honey
- 1 Tablespoon Dijon mustard
- $\frac{1}{2}$  teaspoon apple cider vinegar
- $\frac{1}{4}$  Teaspoon salt
- $\frac{1}{8}$  Teaspoon garlic powder
- $\frac{1}{8}$  Teaspoon paprika

## Directions

1. Prepare the dressing by combining the mayonnaise, honey, Dijon mustard, apple cider vinegar, salt, garlic powder, and paprika. Refrigerate until ready to use.
2. Cut the chicken breast into 1 to 2 inch pieces. Coat a small skillet with non-stick spray and cook the chicken over medium heat until the outside is golden brown and the largest pieces are no longer pink inside (7-10 min.). Allow the chicken to cool slightly
3. While the chicken is cooling, roughly chop the cranberries and cut the celery into small pieces. Place the cranberries and celery in a large bowl. Once the chicken is cool enough to handle, roughly chop it into very small pieces. Add the chopped chicken to the bowl, along with the dressing. Stir until everything is combined and coated in dressing. Serve immediately or refrigerate until ready to eat

This recipe is from <http://www.budgetbytes.com/2013/02/honeymustardchickensalad/>

# Grilled Chicken with Dijon Mustard Marinade

## Ingredients

- 4 Boneless, skinless chicken breasts
- ½ Cup Dijon mustard
- 3 Tablespoons olive oil
- 2 Garlic cloves, minced
- 1 Teaspoon fresh chopped rosemary
- ¼ Teaspoon ground black pepper
- ¼ Teaspoon ground coriander

## Directions

1. In a small bowl, combine the Dijon mustard, olive oil, garlic, rosemary, pepper and coriander. Mix well.
2. Place the chicken breasts in a large, sealable plastic bag, seal it and pound them with a rolling pin or meat hammer, until they are at an even thickness of about 3/4-inch.
3. Add the mustard mixture to a separate large, sealable plastic bag. Add the chicken to the bag, seal it, and massage it gently so the mixture coats the chicken.
4. Refrigerate the chicken for about an hour.
5. Place the chicken on a clean, oiled grill over medium-high heat. Cook about 3 minutes on each side or until done as measured by a meat thermometer.
6. Serve warm.

This recipe is from

<http://www.sheknows.com/foodandrecipes/articles/1014255/grilledchickenwithdijonmustardmarinaderecipe>

# Honey-Beer Chicken

## Ingredients

- 2 Teaspoons canola oil
- 4 (6oz.) boneless, skinless chicken breast halves
- ¼ Teaspoon freshly ground black pepper
- 1/8 teaspoon salt
- 3 Tablespoons thinly sliced shallots
- ½ Cup full-flavor beer
- 2 tablespoons low sodium soy sauce
- 1 Tablespoon wholegrain Dijon mustard
- 1 Tablespoon honey
- 2 Tablespoon chopped fresh flat leaf Italian parsley

## Directions

1. Heat the oil in a large skillet over medium-high heat. Sprinkle the chicken evenly with pepper and salt. Add the chicken to the pan and sauté for about 6 minutes per side, until golden brown and cooked through. Remove the chicken from the pan and tent loosely with aluminum foil
2. Add the shallots to the pan and cook for about 1 minute, or until translucent. In a small measuring glass or bowl whisk together the beer, soy sauce, mustard, and honey. Add the beer mixture to the pan and bring to a boil, scraping up any browned bits from the bottom of the pan. Cook for 3 minutes or until the liquid is reduced to 1/2 cup. Return chicken to pan and sprinkle with parsley before serving

This recipe is from <http://www.handletheheat.com/honeybeerchicken/>

# Mustard Chicken and Orzo Casserole with Dill and Capers

## Ingredients

- 3 Cups Chicken Broth
- 1  $\frac{3}{4}$  lb. skinless boneless chicken breast halves
- 3 Tablespoons unsalted butter
- 3 Tablespoons all-purpose flour
- $\frac{3}{4}$  Cup heavy cream
- 2 Tablespoons Dijon mustard
- 2 Tablespoons coarse-grain mustard
- 3 Tablespoons drained bottle capers, rinsed
- $\frac{1}{2}$  Teaspoon salt
- $\frac{1}{4}$  Teaspoon black pepper
- $\frac{1}{8}$  Teaspoon freshly grated nutmeg
- $\frac{1}{4}$  to  $\frac{1}{2}$  Cup chopped fresh dill
- $\frac{1}{4}$  Cup sour cream
- 6 Celery ribs, cut diagonally into  $\frac{1}{4}$  inch thick slices
- 1 Cup orzo

## Directions

1. Bring broth to a simmer in a 4-quart heavy saucepan over moderate heat. Add chicken and simmer very gently, turning once, 6 minutes total. Remove pan from heat and cover, then let stand until chicken is just cooked through, about 15 minutes. Transfer chicken to a plate to cool and keep broth warm, partially covered.
2. Melt butter in a 2- to 3-quart heavy saucepan over low heat, then add flour and cook roux, stirring, 3 minutes. Add warm broth all at once, whisking, and simmer gently, whisking occasionally, 10 minutes. Whisk in cream and simmer, whisking occasionally, 5 minutes. Remove from heat and stir in mustards, capers, salt, pepper, nutmeg, and dill (to taste).
3. Transfer  $\frac{1}{2}$  cup sauce to a small bowl and stir in sour cream to make topping.
4. Shred chicken with your fingers and stir together with remaining sauce in a large bowl.
5. Preheat oven to 350°F.
6. Cook celery in a large pot of boiling salted water until tender, about 8 minutes. Transfer with a slotted spoon to a bowl of cold water to stop cooking and return cooking water to a boil. Drain celery in a colander and add to chicken mixture. Cook orzo in same boiling water until just tender, then drain in a sieve.

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7. Stir orzo into chicken mixture, then transfer mixture to gratin dish, spreading evenly. Spoon sour cream topping over top and spread evenly. Bake, covered with foil, in middle of oven until heated through and sauce is bubbling around edges, 25 to 30 minutes.
8. Preheat broiler. Remove foil from dish and broil about 3 inches from heat until top is speckled with brown spots, 3 to 5 minutes.

**This recipe is from**

<http://www.epicurious.com/recipes/food/views/MustardChickenandOrzoCasserolewithDillandCapers107408>

# Honey Mustard Chicken Pot with Parsnips

## Ingredients

- 1 Tablespoon olive oil
- 8 Bone-in chicken thighs, skin removed
- 2 Onions, finely chopped
- 350g Parsnips, cut into sticks
- 300ml Vegetable stock
- 2 Tablespoons wholegrain mustard
- 2 Tablespoons clear honey
- Few thyme sprigs
- Flat-leaf parsley, to serve (optional)

## Directions

1. Heat half the oil in a large frying pan or shallow casserole with a lid. Brown the chicken until golden, then set aside. Heat the remaining oil, then cook the onions for 5 mins until softened.
2. Nestle the thighs back amongst the onions and add the parsnips. Mix the stock with the mustard and honey, then pour in. Scatter over the thyme, then bring to a simmer. Cover, then cook for 30 mins (or longer, see tip) until the chicken is tender, then season. Serve with steamed greens.

This recipe is from

<http://www.bbcgoodfood.com/recipes/9582/honeymustardchickenpotwithparsnips>

# Ina Garten's Mustard-Roasted Chicken

## Ingredients

- 4 bone-in, skin-on thighs and 4 bone-in, skin-on drumsticks
- ½ cup Dijon mustard
- ½ cup buttermilk
- 4 garlic cloves, peeled
- a small handful fresh thyme leaves (if the strands are soft, no need to strip the leaves)
- zest of one lemon
- Kosher salt and freshly ground black pepper
- 2 cups fresh breadcrumbs
- ¼ cup olive oil

## Directions

1. Preheat the oven to 400°F and place oven rack in the middle of the oven. In a small bowl, whisk together the mustard and buttermilk. Place the chicken in a large bowl and pour the mustard-buttermilk mixture over top. Toss to coat.
2. Place the garlic, thyme strands (stems, if they are soft, and all), lemon zest, 1 ½ to 2 teaspoons kosher salt (use 1.5 tsp if you are sensitive to salt), and 1 teaspoon pepper (or a few large cracks on the grinder) in a food processor fitted with the steel blade and process until the garlic is finely minced. Add the breadcrumbs and olive oil, and pulse a few times to moisten the breadcrumbs. Pour the mixture into a wide, shallow bowl or onto a large plate — something with sides is best.
3. Line a sheet pan with parchment paper (for easy clean-up — this is not necessary, but I like using parchment.) Dip each piece of chicken skin-side down only into the crumb mixture, pressing gently to make the crumbs adhere. Place the chicken on the sheet pan crumb-side up. After one or two pieces have been dipped, the crumb mixture might not adhere to the chicken as well. Just use your hands to press the remaining crumbs onto the chicken pieces.
4. Bake the chicken for 40 minutes. Check on the chicken. If necessary cook another five minutes or until the crumbs are browned. Let rest 5 to 10 minutes before serving. Serve hot, warm, or at room temperature

This recipe is from

<http://www.alexandracooks.com/2013/10/24/inagartensmustardroastedchicken/>



# Baked Honey Mustard Pretzel Chicken Tenders

## Ingredients

- 2 Tablespoons olive oil
- 3 cups salted pretzels
- 1 1/4 pounds uncooked chicken tenders
- 3 large eggs
- 3 Tablespoons honey mustard, plus more for serving
- 1 cup all-purpose flour

## Directions

1. Preheat the oven to 475°F with the rack in the lower third of the oven. Line a baking sheet with foil and brush it with the olive oil.
2. Place the pretzels in a resalable plastic bag, and using a rolling pin, crush them until they're finely ground. Transfer the crackers to a wide, shallow bowl.
3. In a separate wide, shallow bowl, whisk together the eggs with the honey mustard. Place the flour in a third wide, shallow bowl.
4. Bread each tender by coating it in the flour, shaking off any excess, and then dipping it in the eggs. Transfer the tender from the eggs to the crushed pretzels, pressing the pretzels into the chicken to ensure an even coating, and then place the tender on the prepared baking sheet. Repeat the breading process with the remaining tenders, arranging them in a single layer about 2 inches apart.
5. Bake the tenders, turning them over once, until they're golden brown, about 15 minutes total. Remove the tenders from the oven, season them with salt (optional) and serve immediately with additional honey mustard for dipping.

This recipe is from

<http://www.justataste.com/2014/04/bakedhoneymustardpretzelchickentendersrecipe/>

# Bacon-and-Chicken Bites in Sweet, Hot Mustard

## Ingredients

- 2 (8-ounce) boneless, skinless chicken breasts
- 8 bacon slices, cut into thirds
- 1/2 cup orange marmalade
- 1/4 cup lite soy sauce
- 3 Tablespoons Dijon mustard
- 3/4 teaspoon ground ginger
- 1/4 teaspoon garlic powder
- 24 toothpicks
- sesame seeds, optional

## Directions

1. Cut chicken breasts in 24 (1-inch) pieces. Wrap each chicken piece with 1 piece of bacon and secure with a wooden toothpick.
2. Stir together orange marmalade and next 4 ingredients in a large bowl; remove and reserve 1/4 cup mixture. Add chicken to bowl, tossing to coat. Cover and chill 2 hours, turning occasionally. Remove chicken from marinade; discard marinade.
3. Preheat grill to medium high heat (350 to 400 degrees). Grill chicken, covered with grill lid, 4 to 5 minutes on each side until done. Toss chicken with reserved marinade before serving. Makes 6 appetizer servings.
4. After chicken has been grilled and tossed with marinade, sprinkle on toasted sesame seeds.

This recipe is from

[http://www.lehighvalleylive.com/food/index.ssf/2013/11/baconandchicken\\_bites\\_in\\_swe.html](http://www.lehighvalleylive.com/food/index.ssf/2013/11/baconandchicken_bites_in_swe.html)

# Basil Butter Chicken with Honey Mustard

## Ingredients

- Basil Butter
- ⅛ cup butter
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- 1 tablespoon fresh basil
- Honey Mustard Sauce
- ⅓ cup mayonnaise
- 2 tablespoons yellow mustard
- 1 tablespoon honey
- couple drops hot sauce (such as Tabasco)
- Chicken
- 2 large boneless, skinless chicken breasts
- extra fresh basil, for garnish

## Directions

1. **Make the Basil Butter:** In a small saucepan, melt the butter over low heat. Stir in the garlic powder, onion powder and basil. Set aside.
2. **Make the Honey Mustard Sauce:** In a small bowl, whisk together the mayonnaise, mustard, honey and hot sauce. Refrigerate until ready to serve.
3. **Make the Chicken:** Preheat an outdoor grill or a grill pan to medium. Butterfly each chicken breast open completely to make 4 pieces of thin chicken. Grill the chicken over medium heat for 10 to 12 minutes, or until no longer pink inside. Halfway through, flip the chicken and baste the top side with the basil butter. (If using an indoor grill, you can baste both sides, but I wouldn't recommend doing it over a live fire because of the risk of flare ups.)
4. **Serve the chicken with the honey mustard sauce and garnish with more fresh basil.**

This recipe is from <http://www.tasteandtellblog.com/basilbutterchickenwithhoneymustard/>

# Maple Mustard Corned Beef for St. Patrick's Day

## Ingredients

- Corned Beef
- Carrots, Halved
- 2 Onions, quartered
- 2 Bay leaves
- 2 Tablespoons Green Mountain Mustard Deli Dirt
- Carrots, Halved
- 2 Onions, quartered
- 2 Bay leaves

## Directions

1. Cover corned beef in large pot with cold water
2. Add carrots, halved, 2 quartered onions, 2 bay leaves, 2 Tbsp. Green Mountain Mustard's Deli Dirt
3. Cover & Simmer 3-4 hours until tender
4. Drain & cool in refrigerator. Slice
5. Combine ½ C. Green Mountain Mustard's Deli Dirt ½ C. maple syrup, ¼ C. brown sugar. Bring to a boil and let boil slowly for 5 minutes to make a glaze.
6. Brush the glaze over the beef
7. Broil 5-6" from heat for 10 minutes, brushing occasionally with glaze

This recipe is from

<http://www.buymustard.com/blogs/recipes/12861465maplemustardcornedbeefforsTpatricksdays>

# Sweet Sombrero Taco Bake with Diced Jalapenos

## Ingredients

- 2 Tablespoons olive oil
- ½ 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
- ½ Cup Sweet Sombrero Jalapeno Mustard
- 1 16 oz. can of diced tomatoes (or your favorite salsa)
- ½ Bag of crushed tortilla chips
- 1 Cup shredded cheese – taco blend
- Salsa for garnish

## Directions

1. Preheat oven to 350°
2. Heat large sauté 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 the 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

This recipe is from

<http://www.buymustard.com/blogs/recipes/12655373sweetsombrerotacobakewithdicedjalapenos>

# Mountain Burger with Horsepower Mustard

## Ingredients

Combine the following in a bowl with your beef:

- 1.5 pounds fresh ground chuck
- 4 Teaspoons Cajun Seasoning
- 2 Cloves of Pressed Garlic
- 1 Medium onion, chopped
- ½ Cup of Seasoned Bread Crumbs
- ½ Teaspoon Fresh Cracked Pepper

## Directions

1. Mix the contents of your bowl with your hands and form into patties.
2. Grill to desired temperature and enjoy with some Horsepower Mustard from Green Mountain Mustard

This recipe is from

<http://www.buymustard.com/blogs/recipes/10987737mountainburgerwithhorsepowermustard>

# Chicken with a Sherry Mushroom Mustard Sauce

## Ingredients

- 4 Chicken breasts
- 1 ½ Cups Panko
- 2 Eggs
- 4 Tablespoons butter
- ¼ Cup dry Sherry
- 2 Portobello mushrooms, chopped
- Salt and pepper
- 1 Tablespoon flour
- ½ Cup milk
- 3 Tablespoons Green Mountain Mustard Clove Encounter
- 1 ½ Teaspoons Parsley

## Directions

1. Heat your oven to 300°
2. Whisk eggs in a shallow bowl. Place the panko in a separate bowl – add about ¼ teaspoon of salt and pepper. Heat a large skillet over medium high heat and let 1 tablespoon of butter in the skillet. Then dredge the chicken in the panko, egg, and back in the panko. Place chicken breasts in the hot skillet. Do this in batches if necessary
3. Cook the first side of the chicken for about 3-4 minutes, until golden brown. Then flip and brown the second side. Add more butter to the pan if necessary
4. Once both sides of the chicken have browned, place it on a baking sheet and bake in the oven
5. Melt a tablespoon of butter in the skillet you used to cook the chicken over medium high heat. Then add the mushrooms, add a few shakes of salt and pepper, and then stir the mushrooms to coat the mushrooms in the butter
6. Cook the mushrooms for 3 minutes and then add the sherry. Continue cooking until the mushrooms have absorbed the sherry. Then set aside
7. Finally get to work on the mustard sauce. Melt 1 tablespoon of butter in a small pot over medium heat. Once the butter has melted, whisk in the flour. Let cook for 1 minute, stirring frequently. Then whisk in the chicken broth and milk. Whisk until the flour, broth, and milk are completely incorporated and bring to a bowl
8. Let the sauce boil for 1 minute, while whisking constantly. This will thicken the sauce. Then whisk in the mustard and parsley
9. Set the sauce aside until the chicken is fully cooked. Once the sauce is ready, the chicken might be ready. This will depend on the size and thickness of chicken breasts

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10. Once the chicken has fully cooked, add the mushrooms to the mustard sauce and heat the sauce back up if necessary
11. Serve the chicken with a generous spoonful of the mushroom mustard sauce

This recipe is from <http://thekitchen.com/chickensherrymushroommustardsauce/>



# Roast Beef Sandwich with Caramelized Onions and Grainy Mustard Horseradish Mayo

## Ingredients

- 1 Tablespoon olive oil
- 4 Cups onion, sliced
- ½ Cup water
- 4 buns, cut in half and lightly toasted
- 4 Slices cheese, cheddar, Swiss or provolone
- 1 Pound Roast Beef, warm and thinly sliced
- ¼ Cup gravy
- 2 Tablespoons mayonnaise
- 1 Tablespoon horseradish
- 1 Tablespoons grainy mustard
- 1 Handful arugula (optional)

## Directions

1. Heat the oil in a pan over medium heat
2. Add the onions and water and cook, covered, until completely tender and caramelized and golden, about 40-50 minutes, adding more water as needed
3. Mix the mayo, horseradish and mustard
4. Assemble sandwiches

This recipe is from

<http://www.closetcooking.com/2011/11/roastbeefsandwichwithcaramelized.Html>

# Juicy Ball Park Burger with Onion Rings & Mustard Beer Sauce

## Ingredients

- 2 tablespoons unsalted butter
- 1 Pound ground beef
- 1 Pound ground veal
- Dash of tabasco
- 4 Pretzel Rolls
- 1 Package frozen onion rings
- 4 Slices cheddar cheese
- Salt and pepper to taste

For the mustard beer sauce:

- ½ Cup Dijon mustard
- ¼ pale ale beer (or your favorite)
- 2 Tablespoons sugar
- 1 to 2 Teaspoons kosher salt

## Directions

1. Preheat oven to 400 degrees. Place onion rings on a baking sheet and bake for about 15 minutes. Remove from oven and set aside.
2. In a large bowl, combine beef, veal, Tabasco, and s&p. Form four large patties.
3. Preheat a skillet to medium-high heat and melt the butter. Add the patties and cook for about 5 to 7 minutes on the first side, flip, and continue to cook for another 3 to 4 minutes adding the cheddar cheese slices to melt on top.
4. Remove patties from the skillet, let them rest for a couple of minutes. To serve, take the bottom of the pretzel bun and smear some of the mustard sauce on bottom. Top with patty, onion rings and more mustard sauce. Place pretzel top on onion rings

## For the mustard sauce

5. Mix all ingredients in a bowl. You may need to play with the salt consistency to make sure you don't over salt. Add more beer if desired

This recipe is from

[http://www.climbinggriermountain.com/2014/07/foodiefridaysjuicyballparkburgerwithonionringsmu  
stardbeersauce.html](http://www.climbinggriermountain.com/2014/07/foodiefridaysjuicyballparkburgerwithonionringsmu<br/>stardbeersauce.html)

# Cuban Casserole with Wholegrain Mustard Butter Biscuits

## Ingredients

### For the Casserole:

- 1 ½ lbs. lean ground beef
- ½ lb. ham, diced
- 1 Yellow onion, diced
- 1 Red pepper, diced
- 1 Green pepper, diced
- 3 Tomatoes, deseeded, diced
- 2 Tablespoons cumin
- 2 Teaspoons oregano
- 1 Teaspoon garlic powder
- ½ Teaspoon cinnamon
- Pinch of ground cloves
- Parsley, garnish

### For the whole grain biscuits:

- 1 ¾ Cup all-purpose flour
- ¾ Cup cornmeal
- 2 Teaspoons baking powder
- 2 Teaspoons kosher salt
- 2 Teaspoons wholegrain mustard
- 1 Stick plus 1 tablespoon unsalted butter, chilled and cut into small cubes
- ¾ Cup whole milk

## Directions

1. Preheat oven to 400 degrees. Spray a 9 x 13-inch casserole dish with non-stick cooking spray.
2. Preheat a large Dutch oven to medium-high heat. Add the olive oil, onion, red and green pepper, s&p and cook for about 5 minutes or until softened. Add the ground beef and ham. Cook until beef has been cooked through. Stir to make sure nothing sticks to the bottom of the pan. Add the tomatoes, oregano, cinnamon, garlic powder, and cloves. Stir and continue to continue for another couple of minutes.
3. Remove from heat. Pour the beef mixture into the casserole dish. Add the biscuits rounds to the top and bake for about 20 to 25 minutes or until golden brown. Garnish with parsley

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**For the whole grain biscuits:**

4. In a food processor, add flour, cornmeal, baking powder, baking soda, and salt. Pulse a few times to combine. Add the cold butter and pulse until a coarse pea sized dough appears. Stream the milk in until the dough is thick and then gently combine the mustard.
5. Sprinkle flour on a work surface. Knead the dough a couple of times and then press the dough into a 1/2 –inch circle and using a 3-inch biscuit cutter, cut out six or seven rounds

**This recipe is from**

<http://www.climbinggriermountain.com/2014/02/cubancasserolewithwholegrainmustardbutterbiscuits.html>

# Roast Beef with Mustard Garlic Crust and Horseradish Sauce

## Ingredients

- 1 (2 ½ to 3 Pound) boneless beef eye round roast
  - Kosher salt and freshly ground black pepper to taste
  - 3 Tablespoons olive oil
  - 2 Teaspoons minced garlic
  - 2 Tablespoons Dijon mustard
  - 2 Teaspoons balsamic vinegar
- Horseradish Sauce
- ½ Cup sour cream
  - 2 Tablespoons jarred horseradish
  - 1 Tablespoon lemon juice
  - Kosher salt to taste

## Directions

1. Preheat oven to 475°
2. Season the roast well with salt and pepper. Heat 1 tablespoon olive oil in a large ovenproof (preferably cast iron) sauté pan over medium-high heat, and add 1 tablespoon of the oil. When hot, sear the beef on all sides, until nicely browned, about 8 minutes in total. Transfer the beef to a plate for a few minutes, and pour off most of the remaining fat in the pan.
3. Meanwhile, in a small bowl, whisk together the remaining 2 tablespoons olive oil, the minced garlic, Dijon mustard, balsamic vinegar, ½ teaspoon kosher salt, and pepper to taste.
4. Brush or smear the mixture all over the roast, and return the beef to the skillet fat side down. Roast in the oven until an instant read thermometer registers 125°F for medium-rare (25 to 30 minutes), or 130°F for medium (30 to 35 minutes; the temperature will continue to climb for a bit after it is removed from the oven.)
5. Let the roast rest on a cutting board for 10 minutes for it to finish cooking and for the juices to reabsorb into the meat before slicing thinly. While the beef is cooking, make the Horseradish Sauce: in a small bowl blend together the sour cream, horseradish, lemon juice and salt

This recipe is from

<http://www.themom100.com/themom100blog/recipes/roastbeefwithmustardgarliccrustandhorseradishsauce/>

# Pizza with Sausage, Sauerkraut & Swiss Cheese

## Ingredients

- 1 Tablespoon olive oil
- 1 Large onion, sliced
- 1 Teaspoon caraway seed
- 1 ½ Cups packed sausage, well drained
- 1 tablespoon sauerkraut juice, reserved
- 1 ½ Cups packed shredded Swiss cheese
- 16 Ounces purchased fully baked thick pizza crusts
- 3 Tablespoons Dijon mustard
- 8 Ounces fully cooked kielbasa, thinly sliced into rounds
- 1/3 Cup kosher salt

## Directions

1. Preheat oven to 425 degrees F.
2. Heat oil in heavy large skillet over medium-high heat. Add onion and caraway seeds and sauté until onion just begins to brown, about 7 minutes.
3. Transfer onion mixture to large bowl. Mix in sauerkraut and 1 tablespoon sauerkraut juice. Cool to lukewarm, then mix in cheese. Season generously with pepper.
4. Place pizza crust on baking sheet. Spread with Dijon mustard and top with sausage, then sauerkraut mixture.
5. Bake pizza until cheese melts, topping begins to brown and crust is crisp, about 15 minutes. Transfer pizza to work surface; cut into wedges and serve.

This recipe is from <http://www.food.com/recipe/pizzawithsausagesauerkrautswisscheese457795>

# Bacon and Meatballs with Mango Honey Mustard Sauce

## Ingredients

### For the balls:

- 1.5 lbs. Ground beef
- 6 Slices of bacon, cut into 1 inch pieces
- ½ Yellow onion, diced
- 1 Egg, whisked
- ¼ Cup Almond flour
- 1 Teaspoon chili powder
- Salt and pepper to taste

### For the dipping sauce:

- 1 Mango, peeled and cut away from seed inside
- 2-3 Tablespoons ground old fashioned mustard (in the jar)
- 1-2 Tablespoons yellow mustard
- 1 Tablespoon raw honey
- Dash of chili powder
- Salt, to taste

## Directions

1. Preheat your oven to 350 degrees.
2. Put a large skillet over medium heat and add your diced bacon to it.
3. Once bacon has rendered some fat in the pan, add your onions. Mix together and poke at it randomly to make sure the bacon and onions don't burn. Once bacon is cook through, add the bacon and onions to a plate with a paper towel on it to cool and soak up some excess fat.
4. Now add your ground beef to a large bowl, then add your cooled bacon and onions, along with egg, almond flour, and seasonings.
5. Use your hands to mix all that goodness up thoroughly.
6. Now roll into little bite size balls and place on a parchment paper lined cookie sheet.
7. Bake for around 10-15 minutes, depending on the size of the meatballs.
8. While your meatballs are baking, time to make your sauce. Add your peeled and sliced mango to a food processor and puree until your have a sauce.
9. Now add your ground mustard, yellow mustard, and honey to it and puree it all together.
10. Taste to see if you want it sweeter or tangier and add extra honey or mustard as needed.

-Continue-

**11. Add spices and salt and puree one more time.**

**12. Place some toothpicks in your meatballs and let guests dip away!**

**This recipe is from**

<http://paleomg.com/superbowlsnacksbaconmeatballsmangohoneymustardsauce/>



# Seared Flank Steak with Shallot-Mustard Sauce

## Ingredients

- 1 Flank Steak, about 1 ½ lb.
- Kosher salt and freshly ground black pepper
- 1 Tablespoon corn oil
- 6 tablespoons cold unsalted butter (4 Tbs cut into ½ inch cubes)
- 3 Tablespoons finely minced shallots
- 3 Medium cloves garlic, minced
- ½ Cup dry red wine
- ¾ Cup low-salt beef broth
- 1 Teaspoon chopped fresh thyme
- 1 Teaspoon Dijon mustard
- 1 tablespoon chopped fresh tarragon

## Directions

1. Set a rack in the center of the oven and heat the oven to 400°F. Season the steak generously with salt and pepper. Heat an ovenproof 12-inch sauté pan over high heat until very hot. Add the oil to coat the pan and sear the steak on one side until well browned, about 1-1/2 minutes. Flip with tongs and cook until the second side is well browned, about another 2 minutes. Put the pan in the oven and roast until the steak is cooked to your liking, 5 to 7 minutes for medium rare. Transfer the steak to a cutting board and let rest, lightly covered with foil, while you make the sauce.
2. Set the same skillet over medium heat and add 2 Tbs. of the butter. When the butter melts, add the shallot and garlic and cook until soft and translucent but not browned, about 2 minutes. Add the wine, increase the heat to medium high, and boil until syrupy, 2 to 4 minutes. Add the broth and thyme and boil until about 1/3 cup of liquid remains, 6 to 8 minutes. Reduce the heat to low and whisk in the mustard. (Don't let the sauce boil after the mustard is added.) Stir in the 4 Tbs. butter cubes, a few at a time. Stir in half the tarragon and season the sauce to taste with salt and pepper.
3. With a sharp knife, slice the steak thinly across the grain on the diagonal, drizzle with the sauce, and sprinkle with remaining tarragon

This recipe is from <http://www.finecooking.com/recipes/flanksteakshallotmustard.aspx>

# Sausage Burgers with Mustard-Thyme Sauce

## Ingredients

- 3 Cups low stock or low sodium broth
- ½ Cup heavy cream
- 3 Tablespoons Dijon mustard
- 2 teaspoons chopped thyme
- Salt and freshly ground pepper
- 1 ½ pounds sweet Italian sausage, without fennel
- 3 Large garlic cloves, minced
- 2 Tablespoons dry white wine
- ¼ Teaspoon ground allspice
- 1/8 Teaspoon ground cloves
- All-purpose flour, for dredging
- 2 Large eggs, lightly beaten
- 2 Cups coarse fresh bread crumbs
- Vegetable oil, for frying

## Directions

1. In a small saucepan, boil the stock until reduced to 1 cup, 25 minutes. Add the cream and simmer for 4 minutes. Remove from the heat and whisk in the mustard and thyme; season with salt and pepper.
2. Meanwhile, preheat the oven to 350°. Remove the sausage meat from its casing and break it up in a large bowl. In a small bowl, combine the garlic with the wine, allspice, cloves, 1/4 teaspoon of salt and 1/2 teaspoon of black pepper. Pour the garlic mixture over the sausage and knead gently to incorporate. Shape the sausage into four 4 1/2-inch-wide patties.
3. Put the flour, eggs and bread crumbs in 3 large, shallow bowls. Dredge the patties in the flour, patting off the excess. Dip them in the beaten egg, then coat with the bread crumbs.
4. In a large nonstick skillet, heat 1/4 inch of vegetable oil. Add the patties and fry over moderately high heat until browned on the bottom, 4 minutes. Turn the patties and cook for 1 minute on the second side. Transfer the skillet to the oven and bake for 15 minutes, until the patties are cooked through. Set the skillet over high heat to brown the patties on the bottom, about 1 minute.
5. Gently reheat the mustard sauce. Set a patty on each plate, spoon some of the sauce around them and serve. Pass the remaining sauce separately

This recipe is from <http://www.foodandwine.com/recipes/sausageburgerswithmustardthymesauce>

# Honey Mustard Burgers with Sweet Potato Apple Hash

## Ingredients

- 2 Lbs. ground beef
- ½ Cup organic honey
- ½ Cup Dijon mustard
- 1 Teaspoon sea salt
- 1 Teaspoon pepper
- 2 Cups peeled and diced sweet potatoes
- ½ red onion diced
- 1 Granny smith apple peeled and diced
- 1 tablespoon cinnamon

## Directions

1. In a large mixing bowl, combine your ground beef, honey, Dijon mustard, sea salt, and pepper
2. Using your hands, mix the meat well to ensure an even coating
3. Once mixed, make 6 patties about 1/2 inch thick and set on a plate
4. They are now ready to grill
5. Grill over medium high heat about 7-10 minutes on the first side and 5 minutes on the second side until done to your liking
6. Serve over a bed of Sweet Potato Apple Hash below
7. Preheat a skillet over medium-high heat and melt some coconut oil for cooking
8. Add your apples and onions and sauté until the onions start to caramelize and turn brown
9. Next add your sweet potatoes and sauté for 2-3 minutes
10. Now take some water, and pour in the skillet mixing well and ensuring nothing is stuck to the bottom of the pan
11. Cover the entire pan and let the water steam your potatoes
12. I diced my potatoes really small so all it took was one session of steaming all of the water off and they were done
13. If after all your water has evaporated your potatoes still aren't done, just add more water and repeat
14. Once done to your liking, turn off the heat and add the cinnamon and mix well, then plate

This recipe is from

<http://civilizedcavemancooking.com/recipes/beef/honeymustardburgerswithsweetpotatoapplehash/>

# Pasta with Sausage, Basil and Mustard

## Ingredients

- 1 Pound penne pasta
- 1 tablespoon extra-virgin olive oil
- 8 Hot Italian sausages, meat removed from casings and crumbled
- $\frac{3}{4}$  Cup dry white wine
- $\frac{3}{4}$  Cup heavy cream
- 3 Tablespoons grainy mustard
- Pinch of crushed red pepper
- 1 Cup thinly sliced basil

## Directions

1. Cook the pasta in a large pot of boiling salted water until al dente; drain.
2. Meanwhile, heat the olive oil in a large, deep skillet.
3. Add the sausage meat and brown over moderately high heat, about 5 minutes.
4. Add the wine and simmer, scraping up the browned bits from the bottom, until reduced by half, about 5 minutes.
5. Add the cream, mustard and crushed red pepper and simmer for 2 minutes.
6. Remove the skillet from the heat, add the pasta and basil and toss to coat. Serve at once

This recipe is from <http://www.foodandwine.com/recipes/pastawithsausagebasilandmustard>

# Creamy Sausage and Triple Mustard Casserole

## Ingredients

- 1 Tablespoon olive oil
- 8-12 Good quality pork sausage links
- 1 large onion thinly sliced
- 250g small cremini mushrooms
- 1 medium cooking apple, peeled, cored and cut into small chunks
- 1 Bay leaf
- 1 Tablespoon chopped fresh sage
- 300 ml vegetable stock
- 2 Tablespoons Dijon mustard
- 1 Teaspoon Dijon mustard
- 1 teaspoon wholegrain mustard
- 1 Teaspoon English mustard
- 1 carton double cream

## Directions

1. Heat the oil in a large casserole dish or deep sided frying pan.
2. Gently fry the sausages until they are golden brown all over; then remove from the casserole.
3. Add the onion and sauté until it softens and becomes nicely golden.
4. Add the mushrooms and cook for a further 5 minutes.
5. Stir in the apple chunks, bay leaf, sage and stock.
6. Bring to the boil, then return the sausages to the casserole.
7. Reduce the heat, cover with a lid and gently cook for 20 minutes, stirring occasionally.
8. The apple pieces should break down and thicken the stock slightly.
9. If they are still holding their shape, mash them with the back of a wooden spoon and stir in.
10. Mix the mustards into the cream and season with salt and pepper.
11. Pour into the casserole and increase the heat.
12. Leave the lid off and simmer for about 5 minutes until the sauce has thickened slightly.
13. Serve with a big bowl of creamy mashed potato or golden sauté potatoes and green vegetables such as green beans, wilted spinach, broccoli or peas.

This recipe is from <http://www.food.com/recipe/creamysausageandtriplemustardcasserole89260>

# Horseradish and Mustard Beef Casserole

## Ingredients

- 3 Tablespoons Sunflower oil
- 1.5kg/3lb 5oz braising steak, diced
- 3 large onions, roughly chopped
- 6 garlic cloves, crushed or finely chopped
- 300ml/10fl oz. dry white wine
- 3 Tablespoons Worcestershire sauce
- 1 tablespoon light muscovado sugar
- Salt and freshly ground black pepper
- 500g/1lb 2oz chestnut mushrooms, halved
- 3 Tablespoons Dijon mustard
- 3 Tablespoons creamed horseradish sauce
- 3-4 Tablespoons double cream (optional)

## Directions

1. Heat 2 tablespoons of the oil in a deep, heavy-based, flameproof, lidded casserole over a high heat. Add the beef, in batches if necessary, and fry for 4-5 minutes, or until browned all over. Remove the meat from the casserole using a slotted spoon and set aside.
2. Heat the remaining oil in the pan, add the onions and garlic and fry, stirring well, for 4-5 minutes, or until softened, scraping up any browned bits from the bottom of the casserole using a wooden spoon. Stir in the beef stock.
3. In a large bowl, whisk the flour with a little of the wine until smooth, then gradually pour in the remaining wine, whisking until combined to a smooth batter with the consistency of double cream.
4. Return the browned beef to the casserole, then pour over the wine and flour mixture. Bring to the boil, stirring until thickened, then add the Worcestershire sauce and sugar and season, to taste, with salt and freshly ground black pepper. Cover the casserole with the lid, reduce the heat until the mixture is simmering, and simmer very gently for 2 hours, stirring from time to time (alternatively, cook the casserole in a low oven).
5. After 2 hours, add the mushrooms, return the mixture to the boil, then cover again, reduce the heat until the mixture is simmering, and simmer for a further ½ hour, or until the meat is tender.
6. Mix the mustard, horseradish and double cream (if using) in a bowl until well combined. Just before serving, stir it into the casserole. Serve with mashed potatoes and steamed vegetables

This recipe is from [http://www.bbc.co.uk/food/recipes/horseradish\\_and\\_mustard\\_10990](http://www.bbc.co.uk/food/recipes/horseradish_and_mustard_10990)

# Fall-Apart Lamb Shanks Braised with Mustard and Mint

## Ingredients

- 2 Tablespoons olive oil
- 4 Lamb shanks (about 3 pounds)
- Kosher salt and freshly ground black pepper
- 2 medium shallots, minced (about 3 tablespoons)
- 1 Cup dry white wine
- 2 Cups low-sodium canned or homemade chicken or beef broth
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoons wholegrain mustard
- 1 Bunch fresh mint left on the stem divided

## Directions

1. Preheat the oven to 350°F. In a braising pan or Dutch oven, heat the olive oil over high heat until smoking. Season the lamb with salt and pepper and sear until brown on all sides, about 8 minutes total. Add the shallots and garlic, and stir into the oil until fragrant, about 15 seconds. Immediately add the wine, and boil for 1 minute. Add the broth, Worcestershire sauce, and mustard. Stir with a wooden spoon, scraping up any browned bits from the bottom of the pan. Cover the top of the ingredients with the half of fresh mint, and cover the pot. Transfer to oven and cook until the meat is falling off the bone, 2 to 2 1/2 hours.
2. Carefully remove shanks with tongs and set on serving platter. Simmer sauce on stovetop until reduced to about 1 1/2 cups. Skim off fat with a large spoon or ladle. Season to taste with more salt and pepper. Roughly chop remaining mint. Serve lamb ladled with sauce and sprinkled with mint.

This recipe is from

<http://www.serious-eats.com/recipes/2012/06/fallapartlambshanksbraisedwithmustardandmintrecipe.html>

# Balsamic Mustard Glazed Meatloaf with Crispy Onions and Jalapenos

## Ingredients

- 1½ pounds of ground beef ( I used 80/20 because you need some fat to keep it juicy)
- 2 cups of breadcrumbs
- 3 TBSP buttermilk
- ½ cup crispy onions
- ½ cup crispy jalapeno strips
- 1 tsp salt and pepper each
- 1 clove of garlic, minced
- 1 Cajun seasoning
- ½ onion, diced
- 1 bell pepper, diced
- 1 TBSP Worcestershire sauce
- 1 TBSP Coca-Cola
- 1 egg, slightly beaten
- 2 TBSP butter
- Balsamic Mustard Glaze:
- ½ cup ketchup
- 3 TBSP butter
- ¼ cup of balsamic vinegar
- ¼ cup brown sugar
- ¼ cup spicy brown mustard
- ½ tsp chili powder
- 1 TBSP soy sauce
- ½ tsp minced garlic
- 2 TBSP of pineapple juice

## Directions

1. Melt the butter in a heavy cast iron skillet. Sauté the onions, bell peppers and garlic until soft and tender. Remove from the pan and pat to take away some of the excess moisture. Combine the meat with the veggies and remaining ingredients, leaving the eggs and buttermilk until last. Mix well and either form into a mound on a foiled lined baking sheet or place into a foiled line loaf pan. Slather with half of the glaze and bake at 350 for 15-20 minutes. Remove and spread remaining glaze on top- bake for another 15-20 minutes until slightly crispy on top.

-Continue-



2. For the Glaze: In a saucepan, melt the butter and add in the brown sugar, ketchup and mustard. Stir to combine and bring to a boil. Reduce heat and add in the remaining ingredients. Allow to simmer for 10-15 minutes until reduced by half and thick.

**This recipe is from**

<http://kitchenbelleicious.com/2011/11/14/balsamicmustardglazedmeatloafwithcrispyonionsandjalapeos/>

# Bison Meatloaf with Mustard Hollandaise

## Ingredients

- 1 lb. ground bison
- 1/4 cup almond meal/flour
- 1/4 cup red onion
- 1 egg
- 3 cloves garlic, minced
- 1 tablespoons mixed Italian seasoning
- 1/4 teaspoon paprika
- 1/8 teaspoon cayenne
- Salt and pepper, to taste
- 1 egg
- 1 teaspoon lemon juice
- 8 tablespoons butter (preferably grass-fed)
- 1 tablespoon whole grain mustard
- pinch of cayenne
- salt, to taste

## Directions

1. Preheat oven to 375°F.
2. Mix the ingredients for the meatloaf together making sure to not overwork the meat.
3. Form bison into a loaf and wrap with bacon.
4. Bake for 45 minutes - 1 hour or until juices run clear.
5. In the last 10 minutes that the bison is cooking you'll want to start on your hollandaise.
6. Place an egg and the 1 teaspoon of lemon juice in a blender or cup fitted with an immersion blender.
7. Melt butter over medium high heat while swirling. Keep simmering until the foam subsides. You don't want the butter to brown so keep a close eye on it.
8. Turn the blender or immersion blender on and slowly, very slowly, pour in the butter in a steady light stream.
9. You'll start to see the hollandaise thicken. Once all of the butter has been added blend a few seconds more and then stir in your mustard, salt, and cayenne. Use immediately. Hollandaise does not keep well and cannot be reheated

This recipe is from <http://wickedspatula.com/bisonmeatloafmustardhollandaise/>

# Pan Seared Filet of Sirloin with Red Wine Sauce

## Ingredients

- 4 Certified Angus Beef® brand filet of sirloin, cut 1 1/4 to 1 1/2 inches thick
- 1 tablespoon olive oil
- 2 tablespoons fine chopped fresh rosemary, divided
- 2 tablespoons cracked peppercorn blend
- 2 teaspoons kosher salt
- 1/4 cup diced shallots
- 4 cloves garlic, minced
- 1 cup cabernet sauvignon (red wine)
- 1 tablespoon Dijon mustard
- 2 tablespoons butter
- 3 tablespoons chopped parsley
- Salt and pepper to taste

## Directions

1. Preheat oven to 350°F.
2. Heat oil in heavy skillet (not nonstick) over medium-high heat. Combine 1 tablespoon rosemary, peppercorn and salt in a small bowl. Season steaks with peppercorn mixture, lightly pressing mixture to steak. Sear steaks 1 to 2 minutes on each side. Place in oven about 5 - 10 minutes for medium rare or until steaks reach desired doneness. Allow steaks to rest 5 minutes before serving.
3. After removing steaks from pan, add shallots and garlic; cook for 2 minutes on medium heat. Whisk in wine and mustard; reduce by 2/3. Add remaining rosemary. Swirl butter in pan to melt. Remove from heat; add parsley and season with salt to taste. Serve over steak.

This recipe is from

<http://www.theslowroasteditalian.com/2014/08/pansearedfiletsirloinsteakswithredwinesaucerecipe.html>

# Roast Beef with Mustard Garlic Crust and Horseradish Sauce

## Ingredients

- 1 (2 ½ to 3-pound) boneless beef eye round roast
- Kosher salt and freshly ground black pepper to taste
- 3 tablespoons olive oil
- 2 teaspoons minced garlic
- 2 tablespoons Dijon mustard, preferably coarse grain
- 2 teaspoons balsamic vinegar
- Horseradish Sauce: 1/2 cup sour cream
- 2 tablespoons jarred horseradish
- 1 tablespoon lemon juice
- Kosher salt to taste

## Directions

1. Preheat oven to 475°F. Season the roast well with salt and pepper. Heat 1 tablespoon olive oil in a large ovenproof (preferably cast iron) sauté pan over medium-high heat, and add 1 tablespoon of the oil. When hot, sear the beef on all sides, until nicely browned, about 8 minutes in total. Transfer the beef to a plate for a few minutes, and pour off most of the remaining fat in the pan.
2. Meanwhile, in a small bowl, whisk together the remaining 2 tablespoons olive oil, the minced garlic, Dijon mustard, balsamic vinegar, ½ teaspoon kosher salt, and pepper to taste.
3. Brush or smear the mixture all over the roast, and return the beef to the skillet fat side down. Roast in the oven until an instant read thermometer registers 125°F for medium-rare (25 to 30 minutes), or 130°F for medium (30 to 35 minutes; the temperature will continue to climb for a bit after it is removed from the oven.)
4. Let the roast rest on a cutting board for 10 minutes for it to finish cooking and for the juices to reabsorb into the meat before slicing thinly. While the beef is cooking, make the Horseradish Sauce: in a small bowl blend together the sour cream, horseradish, lemon juice and salt.

This recipe is from

<http://www.themom100.com/themom100blog/recipes/roastbeefwithmustardgarliccrustandhorseradishsauce/>

# Grilled Bratwurst with Beer, Mustard, and Sauerkraut

## Ingredients

- 2 cups lager-style beer
- 3 tablespoons whole grain mustard
- 1 (1 pound) package sauerkraut, with juices
- 6 sprigs thyme (optional)
- 2 pounds bratwurst sausages
- Buns and mustard for serving

## Directions

1. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill and allow to preheat for 5 minutes. Alternatively, set half the burners on a gas grill to the highest heat setting, cover, and preheat for 10 minutes. Clean and oil the grilling grate.
2. Combine beer, mustard, and sauerkraut in a 10-inch square disposable aluminum pan. Alternatively, construct a tray out of a double layer of heavy duty aluminum foil, 10 inches square, with sides about 2 inches high. Stir until mustard is broken up and mixture is homogenous. Add thyme sprigs. Nestle sausages into sauerkraut.
3. Place tray on hot side of grill and cook until simmering, about 4 minutes. Slide to cooler side of grill. Cover grill with vents over the sausages. Cook with all vents open until sausages register 140° to 145°F on an instant read thermometer, about 20 minutes, turning once in the middle.
4. Remove lid. Using tongs, remove sausages from sauerkraut and place directly on cooking grates over hot side of grill. Cook, turning occasionally, until well browned and crisp, about 3 minutes total. Return to sauerkraut. Toast buns over hot side of grill if desired. Serve sausages with buns, mustard, and sauerkraut

This recipe is from

<http://www.serious-eats.com/recipes/2012/05/grilledbratwurstwithbeermustardandsauerkrautrecipe.html>

# Fried Mustard Cubed Steaks

## Ingredients

- 1 jar (10 ounces) Dijon mustard
- 1-1/4 cups water
- 6 beef cubed steaks (1/3 pound each)
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- Oil for frying

## Directions

1. In a large resealable bag, combine mustard and water; add steaks. Seal bag and turn to coat; let stand for 10 minutes. Drain and discard marinade.
2. In a shallow bowl, combine the flour, salt and pepper. Dip steaks in flour mixture. In an electric skillet, heat 1/4 in. of oil to 375°.
3. Fry steaks, two at a time, for 3-4 minutes on each side or until crisp and lightly browned.

This recipe is from <http://www.tasteofhome.com/recipes/friedmustardcubedsteaks>

# Dijon and Cognac Beef Stew

## Ingredients

- 1/4 pound salt pork, pancetta or bacon, diced
- 1 large onion, finely diced
- 3 shallots, chopped
- 4 tablespoons butter, as needed
- 2 pounds beef chuck, in 1-inch cubes
- 2 tablespoons flour
- Salt and freshly ground black pepper
- 1/2 cup Cognac (see Note)
- 2 cups unsalted beef stock
- 1/2 cup smooth Dijon mustard
- 4 tablespoons coarse Dijon or Pommery mustard (see Note)
- 4 medium carrots, peeled and cut into half-moon slices
- 1/2 pound mushrooms, stemmed, cleaned and quartered
- 1/4 cup red wine

## Directions

1. Place salt pork in a Dutch oven or a large heavy kettle over low heat, and cook until fat is rendered. Remove solid pieces with a slotted spoon, and save for another use, like your salad, vegetables or, uh, snacking. Raise heat to medium-low, and add onion and shallots. Cook until softened but not browned, about 10 to 15 minutes. Use a slotted spoon to transfer to a large bowl.
2. If necessary, add 2 tablespoons butter to the pan to augment fat. Dust beef cubes with flour, and season lightly with salt and more generously with pepper. Shake off excess flour, and place half the cubes in the pan. Cook over medium-high heat until well browned, almost crusty, on all sides, then transfer to a bowl with onions. Repeat with remaining beef.
3. Add Cognac to the empty pan, and cook, stirring, until the bottom is deglazed and any crusted-on bits come loose. Add stock, smooth Dijon mustard and 1 tablespoon coarse or Pommery mustard. Whisk to blend, then return meat and onion mixture to pan. Lower heat, cover pan partway, and simmer gently until meat is very tender, about 1 1/4 hours.

-Continue-

4. Add carrots, and continue simmering for 40 minutes, or until slices are tender. As they cook, heat 2 tablespoons butter in medium skillet over medium-high heat, and sauté mushrooms until browned and tender. Stir mushrooms into stew along with remaining mustard and red wine. Simmer 5 minutes, then taste, and adjust seasoning. Serve hot.

This recipe is from <http://smittenkitchen.com/blog/2014/02/dijonandcognacbeefstew/>



# Kielbasa Skillet with Horseradish Mustard & Smoked Bacon

## Ingredients

- 1 Pound red potatoes, cubed
- 3 Tablespoons water
- $\frac{3}{4}$  Pound kielbasa cut in to  $\frac{1}{4}$  slices
- $\frac{1}{2}$  Cup chopped onion
- 1 Tablespoon olive oil
- 2 Tablespoons brown sugar
- 2 Tablespoons cider vinegar
- 2 Tablespoons horseradish mustard
- $\frac{1}{2}$  Teaspoon dried thyme
- $\frac{1}{4}$  Teaspoon pepper
- 4 Cups spinach (optional)
- 5 Strips of bacon (use high quality, smoked bacon)

## Directions

1. Place potatoes and water in microwave-safe bowl. Cover and microwave on high for 4 minutes-until tender- and drain
2. Sauté kielbasa and onion in oil until onion is tender. Add potatoes. Sauté 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

This recipe is from

<http://www.buymustard.com/blogs/recipes/12655565kielbasaskilletwithhorseradishmustardsmokedbacon>

# Cajun Mustard Pork Loin – Slow Roasted

## Ingredients

- 1 (3 to 4 pound) Pork Loin
- 3 tablespoons Cajun Spice Mix Rub
- ¾ Cup Honey Dijon Mustard

## Directions

1. Rub the spice mix all over the pork loin allow to rest at room temperature for 30 minutes for the spices to blend into the pork
2. Carefully rub the mustard onto the pork without rubbing off the spices
3. Set your grill for indirect low and slow. Add wood chips to the charcoal for an additional smoked flavor. Cook low and slow with the temperature in the grill maintained at 225°
4. After 2 hours, check internal temperature of the pork every 30 minutes. Internal temperature goal is 145°
5. Allow to rest for 15 minutes before slicing

This recipe is from

<http://erecipecards.blogspot.com/2013/09/cajunmustardporkloinslowroastedhtml>

# Herb Crusted Standing Rib Roast with Mustard-Horseradish Sauce

## Ingredients

- 1 3-Rib prime rib roast
- 4 Tablespoons Dijon mustard
- 3 Tablespoons olive oil
- 5 Garlic cloves, chopped fine
- 1 Tablespoon kosher salt
- 1 Tablespoon freshly ground pepper
- ¼ Cup chopped fresh herbs
- 1 Cup sour cream
- ¼ Cup prepared horseradish
- 1 ½ Tablespoons Dijon mustard
- 1 Teaspoon champagne vinegar
- 1 Teaspoon Worcestershire sauce
- ½ Tablespoon fresh chopped chives
- Salt and pepper to taste

## Directions

1. In a small bowl, combine the Dijon, olive oil, garlic, salt, pepper and herbs
2. Place the rib roast in a large roasting pan, bone side down, and spread the mustard/herb rub thickly all over the surface
3. Cover and store in the refrigerator until 2 hours prior to roasting
4. Remove the roast from the refrigerator and allow to rest at room temperature two hours prior to roasting
5. Preheat the oven to 500° and place the oven rack to the second lowest position
6. Roast the meat for 30 minutes and then reduce the heat to 325° Continue roasting for approximately another hour to 30 minutes or until the internal temperature reaches 125° on a meat thermometer (for medium-rare) Remove the meat from the oven and let rest for 30-40 minutes covered with foil
7. While the meat is resting, whisk together the sour cream, horseradish, Dijon, vinegar, Worcestershire sauce, salt, pepper and chives
8. Move the meat to a cutting board for carving and serve with the sauce

This recipe is from

<http://thesuburbansoapbox.com/2013/12/20/herbcrustedstandingribroastwithmustardhorseradishsauce>

# Bourbon Gingersnap Crusted Ham

## Ingredients

- 1 8 pound bone in ham, mesh removed, rinsed and pat dry
- ¼ Cup maple syrup
- ¼ Cup Dijon mustard
- 1 Cup brown sugar
- 2 Tablespoons bourbon
- 1 Cup crushed gingersnap cookies

## Directions

1. Score the ham by spiraling around it with a knife from top to bottom rotating as you go and then repeat in the other direction forming diamonds with the crisscross patter about 1 inch apart
2. Place the ham in a baking dish, insert a meat thermometer, cover in foil and bake in a preheated 250° oven until the temperature reaches 130° about 2-4 hours depending on the size of the ham
3. Remove the diamonds with tongs, dab dry with paper towels, brush on the maple syrup followed by the mustard, sprinkle on brown sugar, spritz on the bourbon and press on the gingersnap crumbs
4. Inset the meat thermometer and bake in a preheated 350° oven until the ham reaches 140° about 30-60 minutes depending on the size, before letting it rest for 30 minutes and carving it

This recipe is from

<http://www.closetcooking.com/2009/02/hamcrustedwithmustardandgingersnap.html>

# Lynne Curry's Prime Rib with Mustard and Herb Butter

## Ingredients

### **For the Mustard and Herb Butter:**

- 4 Ounces (1/2 cup or 1 stick) unsalted butter, cut into chunks
- 6 Medium cloves garlic
- 1/4 Cup loosely packed fresh rosemary leaves
- 1/4 Cup loosely packed fresh sage leaves
- 1/4 Cup loosely packed fresh thyme leaves
- 1/4 Cup Dijon mustard
- 1 tablespoon Worcestershire sauce
- Kosher salt and freshly ground black pepper

### **For Prime Rib:**

- 1 5-6 pound boneless beef rib roast, patted dry
- Mustard and Herb Butter
- 2 Tablespoons olive oil, if needed for searing

## Directions

1. Melt the butter in an 8-inch skillet over medium heat. Let it foam until it turns light brown and smells nutty, about 5 minutes. Immediately pour the butter into a small heatproof bowl, leaving most of the milk solids in the bottom of the skillet. Refrigerate the butter until solid, about 1 hour (or freeze, to speed this up).
2. Purée the garlic, rosemary, sage, thyme, mustard, Worcestershire, 1 1/2 teaspoons salt, and 1 teaspoon pepper with the solidified browned butter in a food processor to make a thick paste. Reserve 1/4 cup of the butter and rub the rest all over the roast. Put the roast fat side-up on a rack set in a roasting pan and let sit at room temperature for 1 hour before roasting.
3. Position a rack in the center of the oven and heat the oven to 300° F. Roast the beef until an instant-read thermometer registers 110° F for rare, about 1 1/2 hours, or 115° F for medium rare, about 10 minutes more. Remove the roast from the oven. Let sit, tented loosely with foil, for up to 2 hours (or continue with the recipe).
4. To sear in the oven: Heat the oven to 475° F. Roast until 125° F for rare or 130° F for medium rare, about 10 minutes.

-Continue-

5. Or, to sear on the stove: Heat the oil in a heavy 12-inch skillet until shimmering hot. Sear the beef, turning and pressing down with tongs, until browned all over and cooked to desired temperature, about 4 minutes per side. Transfer to a cutting board. If there was no earlier rest between roasting and searing, let the roast rest for 15 to 20 minutes. Slice and serve with the reserved mustard butter.
6. The beef can be roasted and then sit at room temperature, tented with foil, for up to 2 hours before the final sear.

**This recipe is from**

<http://food52.com/blog/11956lynnecurrysprimeribwithmustardandherbbutter#iPssuR:nDE>

# Chorizo Corn Dogs with Grainy Maple Mustard

## Ingredients

- ½ Cup grainy mustard
- ¼ Cup maple syrup
- 1 Cup fine yellow cornmeal
- 1 Cup all-purpose flour
- 1 Tablespoon baking powder
- ¼ Teaspoon sea salt
- ¼ Teaspoon freshly cracked pepper
- 1 Cup beer
- 3 Tablespoons honey
- 2 Eggs
- Vegetable oil for frying
- 8 Cooked Chorizo sausages, each cut into 3 pieces
- Wooden skewers

## Directions

1. For the grainy maple mustard: mix together the mustard and syrup in a bowl and set aside
2. For the beer batter: Mix together the cornmeal, flour, baking powder, salt and pepper in a medium bowl. Stir in the beer, honey and eggs
3. For the corn dogs: Heat oil to 350° in a deep saucepan over medium heat. Insert wooden skewers in to the sausages, and dip completely into the batter to coat. Fry 2 or 3 corn dogs at a time until lightly browned, about 3 minutes. Drain on paper towels
4. Serve with a bowl of grainy mustard on the side

This recipe is from

<http://www.cookingchanneltv.com/recipes/nadiag/chorizocorndogswithgrainymaplemustard.html>

# Egg Salad Hot Dog

## Ingredients

- 4 Eggs, hard boiled
- 1 Tablespoon mayonnaise
- 1 Heaping teaspoon Barn Burner Mustard
- Dash of garlic salt
- 1 green onion, chopped
- 4 Hot dogs
- 4 Buns

## Directions

1. Dice hardboiled egg. Mix egg with mayo, mustard garlic salt and white part and half the green part of one green onion
2. Heat hot dogs as you'd like
3. Lay hot dog on bun. Top with egg salad. Garnish with remaining green onion

This recipe is from <http://foodologie.com/2014/07/12/eggssaladhotdog/>



# Mustard Butter-Basted Roast Turkey with Bacon

## Ingredients

- 5 – 5 ½ kg oven-ready turkey, neck and giblets removed
- 250g Pack dry-cured smoked streaky bacon
- A little mustard(optional)
- Drizzle of olive oil
- Sea salt flakes
- 1 Onion quartered
- 1 Large thyme sprig
- A few bay leaves
- Glass of dry white wine
- 85g Butter, softened
- 1 Tablespoon wholegrain mustard
- 1 Teaspoon English mustard
- 1 Tablespoon fresh thyme leaves

## Directions

1. Weigh your turkey and calculate the cooking time by allowing 40 mins per kg for the first 4kg, then 45 mins for every kg of turkey over that weight. As a guide, a turkey this size should take 3½-4 hrs. plus 30-45 mins resting time
2. To make the mustard butter, beat the butter with the mustards, thyme and some ground black pepper until soft and well mixed
3. Gently push your fingers under the skin of the turkey, starting from the neck, until you can push your whole hand in down the length of the breast – take care not to tear the skin. Spread the butter under the skin so that it covers the breasts. Lay the streaky bacon on your work surface in 2 rectangles of 6 overlapping rashers (for extra flavor, you can brush the bacon with a little wholegrain or English mustard first), and carefully push each rectangle of bacon under the skin to cover and protect each breast. This can be done the night before, but take out of the fridge for 1 hr. before roasting so that it comes back to room temperature

-Continue-

4. On the day, heat oven to 180C/160C fan/gas 4. Lift the turkey into a roasting tin, massage the olive oil into the skin and season well with flaky salt and pepper. Put the onion, thyme and bay inside the cavity of the turkey, then pour in the wine. Cover the tin loosely with foil and roast for the calculated cooking time. For the final 30 mins, remove the foil and pour off all of the cooking juices (use for the gravy; recipe in 'goes well with'). Increase the oven to 200C/180C fan/gas 6 and roast for 30 mins more until the turkey is golden and the juices that run out of the thigh are clear, with no sign of pink, when pierced with a skewer. Leave to rest on a warm platter covered with foil and tea towels – it will keep like this for up to 45 mins
5. To serve, carve the turkey and arrange the meat on a hot platter with a little of the hot gravy poured over, or bring the whole turkey to the table garnished with herbs. To fill the platter, you could surround the turkey with potatoes, if you like. Any leftover meat can be frozen in the gravy

This recipe is from <http://www.bbcgoodfood.com/recipes/mustardbutterbastedroastturkeybacon>

# Pork Tenderloin and Mustard Wine Sauce

## Ingredients

- ½ Cup dry white wine
- ½ Cup water
- 2 Tablespoons Dijon mustard
- 1 Pork tenderloin (about 1 pound)
- Coarse salt and freshly ground pepper
- 2 Tablespoons extra-virgin olive oil

## Directions

1. Preheat oven to 450 degrees. Whisk together wine, water, and mustard. Season pork on all sides with salt and pepper.
2. Heat a 12-inch ovenproof sauté pan over medium-high heat; add oil. Sear pork until browned on all sides, about 6 minute's total. Remove from heat. Carefully add mustard-wine mixture. Transfer pan to oven
3. Roast pork, spooning sauce over meat about halfway through, until an instant-read thermometer inserted into thickest part of meat registers 145 degrees, about 15 minutes. Let pork rest for 10 minutes before slicing. Drizzle with sauce

This recipe is from <http://www.marthastewart.com/312480/porktenderloinandmustardwinesauce>

# Bacon cheeseburger Pizza

## Ingredients

- ½ lb. ground beef
- 1/3 Cup diced red onion
- 1 Teaspoon Worcestershire sauce
- ½ lb. bacon
- ½ Cup ketchup
- ¼ Cup prepared mustard
- 1 Tablespoon mayonnaise
- 1 Tablespoon dill relish
- 2 Cups shredded cheddar cheese
- (optional) Dill pickle slices for topping

## Directions

1. Preheat oven to 400 and spray a pizza pan with cooking spray.
2. In a large skillet, brown the beef and onion. Drain. Add the Worcestershire. Add salt and pepper to taste. Set aside.
3. In a separate skillet, cook the bacon until done. Let it cool and crumble it.
4. Press the pizza dough into the pizza pan and prebake the crust for 8 minutes.
5. While the crust is baking, prepare the sauce. In a small bowl, add the ketchup, mustard, mayonnaise, and relish.
6. Remove crust from the oven and spread the sauce on evenly. Sprinkle on half of the cheese. Sprinkle on the beef mixture and bacon. Top with remaining cheese.
7. Bake for 6-10 minutes or until cheese has melted and crust is golden brown.
8. Top with pickle slices if desired. Slice and serve

This recipe is from

<http://www.thegirlwhoateeverything.com/2014/10/baconcheeseburgerpizza.html>

# Honey Mustard Slaw Dog

## Ingredients

- ¼ Cup mayonnaise
- 1 tablespoon yellow mustard
- 1 Teaspoon Dijon mustard
- 2 Tablespoons honey
- 5 Cups shredded green cabbage
- 1/3 Cup shredded carrots
- 1 Tablespoon chopped green onion
- ¼ Teaspoon salt
- ¼ Teaspoon ground black pepper
- 3 Hot dogs
- 3 Pretzel hot dog buns
- 3/4 Cup whole honey roasted peanuts
- 1 Teaspoon black sesame seeds (for garnish)

## Directions

1. In a small bowl add the mayonnaise, yellow mustard, Dijon mustard, and honey. Whisk together and set aside.
2. In a medium size bowl add the cabbage, carrots, green onion, salt, pepper, and the honey mustard mixture.
3. Toss all ingredients together until the cabbage mixture is lightly coated. Set the slaw mixture aside for a moment
4. Coarsely chop the honey roasted peanuts and set aside
5. Grill, microwave or boil the hot dogs
6. Cut the pretzel rolls in half lengthwise leaving the bottom of the bun uncut about an inch from the bottom
7. Lay some of the slaw in the bottom of the bun. Add the hot dog
8. Top the hot dog with a bit of mustard, the remaining slaw, chopped peanuts, and garnish with the black sesame seeds

This recipe is from <http://www.foxnews.com/recipe/honeymustardslawdog>

# Pigs in a Blanket with Sauerkraut and Mustard

## Ingredients

- 1 Large egg
- 1 14-17 ounce box of puff pastry
- 2 pounds fully cooked German style sausage, halved lengthwise if thick, and cut into 32 pieces
- 1/3 Cup whole-grain mustard
- 1/3 Cup drained sauerkraut
- Caraway seeds, for sprinkling

## Directions

1. Preheat the oven to 400°F. Set racks in the upper and lower thirds of the oven. Line two 13x18-inch baking sheets with parchment paper. In a small bowl, beat the egg with 1 tablespoon water. Prep the ingredients for the filling and set aside.
2. If using a 17-ounce puff pastry package, roll each sheet to a 9x12-inch rectangle. Cut each piece lengthwise into eight 1 1/2-inch wide strips. Cut each strip crosswise into two pieces, about 4 1/2 inches long. You should have 32 pieces of pastry.
3. Spread the center of each piece of pastry with 1/2 teaspoon mustard and top with 1/2 teaspoon sauerkraut. Brush one narrow end of the pastry with egg wash, add one piece of sausage, and roll to enclose. Return to parchment-lined baking sheets. Brush the top of each pastry with egg wash and sprinkle with caraway seeds, seam-side down. Chill in refrigerator for 15 minutes. Bake until golden brown and puffed, 23 to 27 minutes

This recipe is from

<http://www.epicurious.com/recipes/food/views/PigsinaBlanketwithSauerkrautandMustard51260010>

# Pork Tenderloin Cordon Bleu with Mushroom-Mustard Cream Sauce

## Ingredients

- 2 pork tenderloins (2 to 2 1/2 pounds total), trimmed of fat and silver-skin and butterflied
- Kosher salt
- Cracked black pepper
- 4 medium-thick slices smoked tavern ham
- 4 medium-thick slices Swiss cheese
- 3 tablespoons coarse-ground mustard, divided use
- 4 ounces cream cheese
- 4 tablespoons olive oil
- 1 cup flour
- 1 cup breadcrumbs
- 2 eggs, lightly beaten
- 8 ounces cremini mushrooms, thinly sliced
- 1/4 cup dry white wine
- 1/2 cup heavy whipping cream
- 1/2 tablespoon Worcestershire sauce

## Directions

1. Adjust oven rack to lower-middle position and preheat oven to 350°F.
2. Season pork with salt and pepper. Lay two ham slices over the inside of each butterflied pork tenderloin. Top with two slices of Swiss cheese each. Mix 1 1/2 tablespoons mustard and cream cheese in a small bowl. Spread mixture evenly on top of Swiss cheese. Starting about 1/2-inch from the bottom and leaving 1/2-inch on either side, pull the bottom edge of meat up and over the filling and roll up into a thick cylinder, burrito-style. Using butcher's twine, tie the meat to seal.
3. Season flour with salt and pepper to taste and place in a large, shallow baking or pie dish. Season breadcrumbs with salt and pepper to taste and place in another large, shallow dish. Place egg in a third large, shallow dish. Dredge pork in flour and shake off excess. Next, dredge it in egg, taking care to coat all surfaces. Finally, roll meat in breadcrumbs.

-Continue-

4. Heat 2 tablespoons olive oil in a large, stove top-safe roasting pan over medium-high heat. When oil is shimmering, sear tenderloins on all sides, about 7 minutes total. Add mushrooms on either side of meat. Drizzle meat and mushrooms with remaining 2 tablespoons olive oil and transfer to oven to cook until it reaches an internal temperature of 145°F, about 35 minutes. Remove pork from oven, transfer to a platter and tent with foil.
- 5.
6. Place roasting pan on the stove top over medium-high heat. Add white wine and scrape pan with a wooden spoon to loosen browned bits. Add remaining 1 1/2 tablespoons mustard, along with heavy cream and Worcestershire sauce. Season with salt and pepper, if needed. Bring to a boil, reduce heat to medium and reduce slightly until sauce just coats the back of a spoon but a swiped finger leaves a clean line.
7. Discard string from pork tenderloin, slice, and serve immediately with mushroom-mustard sauce

This recipe is from

<http://www.seriouseats.com/recipes/2013/05/porktenderloincordonbleurecipe.html>



# Ribs with Honey Mustard Glaze

## Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon paprika
- 1 teaspoon dry mustard
- 1 teaspoon dried oregano
- salt and pepper
- 2 pounds ribs (we used St. Louis style)
- 1/4 cup Dijon mustard
- 1/4 cup red wine vinegar
- 1/8 cup honey

## Directions

1. Heat oven to 275° F. Make the rub: In a small bowl, combine the sugar, paprika, dry mustard, oregano, 2 teaspoons salt, and ½ teaspoon pepper.
2. Place the ribs on a large rimmed baking sheet. Rub the ribs with the spice mixture and tightly cover the baking sheet with foil. Bake until tender and the meat easily pulls away from the bone, 2 to 2 ½ hours.
3. Meanwhile, make the sauce: In a small bowl, combine the Dijon mustard, vinegar, and honey. Transfer ½ cup of the sauce into a small bowl for serving.
4. Heat grill to medium-high. Grill the ribs, basting with the remaining sauce and turning occasionally, until just beginning to char, 4 to 5 minutes. Serve with the reserved sauce

This recipe is from <http://www.tasteandtellblog.com/ribswithhoneymustardglaze/>

# Easy Grilled Maple Dijon Salmon with Bacon

## Ingredients

- 1 1/2 pounds fresh salmon filet, skin-on (about 1-inch thick)
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons Dijon mustard
- 1 1/2 tablespoons maple syrup
- 2 slices bacon, cooked and crumbled

## Directions

1. Preheat the grill to medium-high heat. Brush both sides of the fish with the olive oil.
2. Whisk together the Dijon and maple syrup. Sprinkle salt and pepper on the salmon, then spread the entire top with the Dijon mixture. Place the salmon on the grill, skin-side down. Grill for 12 to 14 minutes, or until fish is flakey and opaque. Remove and crumble bacon on top. Slice salmon into pieces and it should easily come away from the skin. Serve immediately.

This recipe is from

<http://www.howsweeteats.com/2013/07/easygrilledmapledijonsalmonwithbacon/>

# Slow-Roasted Fish with Mustard and Dill

## Ingredients

- 1 lemon
- 1 2-inch piece fresh ginger, peeled and chopped
- 2 tablespoons minced fresh dill
- $\frac{3}{4}$  teaspoon brown mustard seeds
- Salt and ground black pepper
- 1 2-pound porgy, black sea bass, ocean perch or similar fish, gutted and scaled
- 2 tablespoons extra-virgin olive oil
- 1 shallot, chopped
- $\frac{1}{2}$  cup dry white wine
- 1 tablespoon Dijon mustard
- 2 tablespoons crème fraîche

## Directions

1. Heat oven to 200 degrees. Cut lemon in half, juice half and set aside. Chop remaining half and mix in a bowl with half the ginger, half the dill and  $\frac{1}{2}$  teaspoon mustard seeds. Season with salt and pepper. Rub outside of fish with 1 tablespoon oil. Fill cavity with ginger, lemon and dill mixture.
2. Cut 2 large sheets parchment a good 3 inches bigger, all around, than the fish. Place the fish on 1 sheet, cover with second and crimp the sheets together to enclose the fish tightly. Place package, crimped side down, on a baking sheet. Roast for 1 hour.
3. Meanwhile, heat remaining oil in a small skillet, add rest of ginger and the shallot and sauté on low until shallot is translucent. Add remaining mustard seeds. Stir in reserved lemon juice and the wine. Cook on low 2 to 3 minutes, until slightly reduced. Stir in mustard and crème fraîche and cook another few minutes until sauce has thickened a bit. Season with salt and pepper and remove from heat.
4. When fish is cooked, remove it to a large platter or cutting board, turning the package crimped side up. Remove top sheet of parchment. Use a spatula to lift off top layer of fish; place on a serving dish. Lift out bones. Place bottom layer of fish on dish. Gently reheat sauce, fold in remaining dill, spoon sauce down the center of each fillet and serve

This recipe is from

<http://cooking.nytimes.com/recipes/1016561slowroastedfishwithmustardanddill/>

# Mustard-Crusted Branzino

## Ingredients

- 2 Tablespoons whole grain mustard
- 1/4 Cup olive oil
- 1 garlic clove, finely grated
- 1 Tablespoon chopped fresh thyme
- 1 Cup coarse fresh breadcrumbs, preferably sourdough
- Kosher salt, freshly ground pepper
- 2- 1 ½ to 2 pound whole branzino or trout, butterflied
- Lemon wedges (for serving)

## Directions

1. Preheat oven to 450°
2. Whisk oil, mustard, garlic, and thyme in a small bowl
3. Using your fingertips or a rubber spatula, mix in breadcrumbs, squeezing or pressing to saturate bread, until evenly coated
4. Season with salt and pepper
5. Open up fish and place, skin side down, in a large ovenproof pan or on a rimmed baking sheet
6. Season with salt and pepper
7. Top with breadcrumb mixture pressing to adhere
8. Roast until breadcrumbs are golden brown and fish is cooked through, 10-15 minutes
9. Serve fish with lemon wedges

This recipe is from

<http://www.epicurious.com/recipes/food/views/MustardCrustedBranzino51205300?mbid=rotdNL&spMailingID=6010496&spUserID=MjkxMjg1NDU5ODkS1&spJobID=361395915&spReportId=MzYxMzk1OTE1S0>

# Citrus-Poached Salmon with Dijon Mustard Sauce Recipe

## Ingredients

- 2 Cups vegetable broth or water
- ½ Cup dry white wine, such as Sauvignon Blanc
- Juice of 1 seedless orange, plus 3 slices
- Juice of 1 lemon, plus 3 slices
- 2 Garlic cloves
- 2 Fresh dill sprigs, plus 1 tablespoon chopped
- 1 Teaspoon whole black peppercorns
- 4 (5-ounce) wild salmon fillets, skin removed
- Coarse salt
- Freshly ground black pepper
- 1 Tablespoon unsalted butter
- 1 Tablespoon whole-grain Dijon mustard
- 1 ½ Teaspoon smooth Dijon mustard
- 1 Teaspoon honey or agave nectar

## Directions

1. To prepare the poaching liquid for the salmon, pour the broth and wine into a wide, shallow skillet or pot. Add the orange, lemon and lime juices, sliced citrus, garlic, dill sprigs and peppercorns
2. Cover the pan and bring the liquid to a full boil over medium high heat
3. Once it comes to a boil, reduce the heat to medium-low and continue to simmer gently for about 15 minutes
4. Season the salmon generously with salt and pepper
5. Lay the fillets in the pan (the liquid should come up halfway) cover and simmer over medium-low heat until the salmon is barely opaque in the center, about 6-8 minutes
6. Take care to ensure that the liquid never gets hot enough to boil. Remove the salmon to a side plate
7. To prepare the mustard sauce, pour 1 cup of the poaching liquid into a small pot, discarding the rest. Simmer over medium heat to reduce the liquid by half
8. Whisk in the butter, whole grain and smooth mustards, honey and chopped dill; season with salt and pepper if needed.
9. Pour the mustard sauce over the fish before serving

This recipe is from

<http://www.foodrepublic.com/2013/12/10/citruspoachedsalmondijonmustardsaucerEcipe>

# Panko Crusted Honey Mustard Salmon

## Ingredients

- 4 (6 oz.) salmon fillets
- 1 ½ Tablespoons Dijon mustard
- 1 ½ Tablespoons honey
- 1 Clove garlic minced
- ¾ Cup Panko bread crumbs
- 2 Tablespoons chopped fresh parsley
- 1 Teaspoon lemon zest
- 2 Tablespoons olive oil
- Salt and freshly ground black pepper

## Directions

1. Preheat oven to 400°. Spray a 13x9 inch baking dish with nonstick cooking spray, set aside
2. In a small bowl, whisk together mustard, honey and garlic. In a shallow dish toss together Panko bread crumbs, parsley and lemon zest. Drizzle olive oil over mixture then toss to evenly coat
3. Working with one piece of salmon at a time, brush the top with honey mustard mixture season with salt and pepper then rotate and transfer to bread crumb mixture ( the honey mustard should be facing down to get the bread crumb mixture to stick to salmon) then brush top of salmon with honey mustard mixture and season lightly with salt and pepper and rotate to coat with crumb mixture
4. Transfer to baking dish and repeat with remaining salmon fillets
5. Bake in preheated oven 13-15 minutes until salmon had cooked through. Serve warm with lemon wedges from zested lemon if desired

This recipe is from <http://www.cookingclassy.com/2014/10/pankocrustedhoneymustardsalmon/>

# Baklava Salmon with Honey, Butter, Walnuts, and Mustard

## Ingredients

- ¼ Cup butter
- 3 Tablespoons whole grain mustard
- 1 ½ Tablespoons honey
- ¼ Cup dry breadcrumbs
- ¼ Cup walnuts or pecans finely chopped
- 4 Teaspoons fresh parsley chopped
- 4 (4 ounce) salmon fillets
- Fresh ground pepper
- Kosher salt
- ¼ Limes (optional) or 1 lemon (optional)

## Directions

1. Preheat oven to 400°; Line shallow roasting pan with non-stick aluminum foil, or spray with non-stick pan spray.
2. In small bowl, blend butter, mustard, and honey, set aside; in another bowl, mix together bread crumbs, nuts, and parsley.
3. Place salmon fillets on prepared pan, sprinkle with salt and pepper, and brush with honey-mustard mixture; sprinkle tops with crumb/nut mixture; if any remains, press into sides of salmon.
4. Bake salmon 12-15 minutes in preheated oven, or until it flakes easily with a fork, serve with lime or lemon wedge.

This recipe is from

<http://www.food.com/recipe/baklavasalmonsalmonwithhoneybutterwalnutsandmustard108775>

# Penne with Tuna and Spicy Mustard

## Ingredients

- $\frac{3}{4}$  Pound penne pasta
- 2 5-ounce cans best-quality tuna packed in olive oil
- 2 Tablespoons whole-grained mustard, or more to taste
- 2 tablespoons chopped parsley (optional)

## Directions

1. Bring a large pot of salted water to boil. Cook the penne until al dente, reserving 1 cup of pasta water before draining
2. In the meantime, drain the tuna, reserving the oil. Break up the tuna pieces and set aside. In a large skillet, heat the tuna canning oil with the mustard over low heat until just warmed through
3. Add the drained pasta to the skillet and toss well to combine. Add a small amount of pasta water as necessary to create a sauce that clings to the noodles; low heat may be needed to evaporate some water and bind everything together. Toss in the chopped parsley, if using, and serve

This recipe is from

<http://www.seriouseats.com/recipes/2011/09/pennewithtunaandspicymustardrecipe.html>



# Roasted Apple and Butternut Galette with Mustard-Maple Glaze

## Ingredients

- 2 Tablespoons grape seed oil (or any heat-safe cooking oil)
- ½ Medium butternut squash, peeled, seeded, and diced into ¾ inch cubes
- 2 Large, tart baking apples, cored and diced into ¾ inch cubes
- 1 Medium onion, halved, then sliced thinly
- Prepare pie crust dough, enough for one crust
- 2 tablespoons maple syrup
- ½ Teaspoon Dijon mustard
- Salt and pepper to taste
- Fresh Parmesan or Pecorino-Romano cheese for garnish

## Directions

1. Preheat oven to 425°. Place squash, apples, and onion onto a rimmed cookie sheet. Toss with the oil, then spread them out in a single layer. Roast in the center of the oven until everything is tender and beginning to turn golden (and even darker) in spots, about 35-40 minutes. Remove from the oven and let cool until room temperature
2. Preheat (or reduce temperature) to 375°. Whisk together the maple syrup and the mustard in a small bowl. Set aside
3. Roll out pie crust dough into a circle, roughly 12 inches across. Transfer to a clean rimmed baking sheet. Spread the roasted vegetables on the circle evenly, leaving a 2 inch border all around. Brush the maple-mustard mixture onto the vegetables. Fold the dough towards the center, sealing any cracks or rips.
4. Bake in the center of the oven for about 25 minutes, until the crust is golden brown. Let it sit for 10 minutes or so before slicing. Cut into slices and sprinkle some parmesan shavings over the top.

This recipe is from

<http://www.perrysplate.com/2011/01/roastedappleandbutternutgalettewithmustardmapleglaze.html>

# Lemon Glazed Mustard Spiced Poppyseed Cake

## Ingredients

- 1 box Yellow Butter Cake Mix
- 1-1/4 cups Water or Milk
- 1 stick Butter, softened
- 3 Eggs
- 2 teaspoons dried Mustard
- 1/2 teaspoon Almond Extract
- 1/2 teaspoon Coconut Extract
- 2 tablespoons Poppyseeds
- 1/2 container Vanilla Frosting.
- Zest of 1/2 lemon, finely chopped
- Juice from half of lemon

## Directions

1. Pre-heat oven to 350 degrees.
2. Grease and flour a Bundt pan; set aside.
3. Place cake mix, butter, water and eggs in a large mixing bowls.
4. Beat on low for 30 seconds. Adjust speed to medium and beat for 2 more minutes.
5. Pour into prepared Bundt pan.
6. Bake for 45-50 minutes (or until cake tester comes out clean).
7. Cool completely. Remove from pan.
8. Place frosting in a small microwavable bowl. Microwave for 15-30 seconds (or until a glaze consistency). Stir in lemon zest and lemon juice.
9. Drizzle over cake

This recipe is from

<http://gypsyworldspicecafe.com/2011/05/22/lemonglazedmustardspicedpoppyseedcake/>



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