

Spice: Mustard



[Mustard Seed Flowers](#)

Description

Mustard seeds are the seed of the mustard plant, which is also grown for its greens. Belonging to the genera *Brassica* or *Sinapis*, mustard seeds are small, oily, and pungently spicy. They can be black, brown, red, yellow or white.

Origin

Ancient Romans reportedly produced the first mustard sauce by mixing the crushed seeds with grape must. The mixture was called “burning must,” or *mustum ardens* in Latin, which was truncated to “mustard.”

Varieties

There are three principal kinds of mustard: black (*Brassica nigra*), white (*B. alba*), and brown (*B. juncea*).

Flavor Profile

Mustard seeds can have a mild or strong spiciness, and white mustard is typically the least pungent while black mustard can be burning. Mustard prepared in water is stronger than mustard prepared in vinegar. Mustard tastes tart, sweet, and hot in varying degrees.

Nutrient Profile

Mustard seeds are rich in the minerals selenium, phosphorus, magnesium, iron, zinc, and calcium. They are excellent sources of niacin, thiamine, pyridoxine, riboflavin, folate, and vitamin E.

Preparations

Mustard seeds are typically used as prepared mustard, wherein the crushed seeds are suspended in water or vinegar. Mustard is a popular condiment on sandwiches, hamburgers, pretzels, hot dogs, and sausages. Mustard is an emulsifier that can be used to bind and flavor salad dressing, marinade, barbecue sauce, and hollandaise sauce.

Season

Mustard seeds are available year-round. They are left on the stalk to dry and are usually harvested in the summer.

Source: Christine Kieffer for World Trade Press

Spicy Pickled Garlic

Source: mccormick.com

Ingredients

- 1 1/2 cups peeled garlic cloves, (about 6 heads)
- 3/4 cup water
- 2/3 cup white vinegar
- 1/3 cup sugar
- 1 1/2 teaspoons non-iodized salt
- 1 teaspoon yellow mustard seed
- 3/4 teaspoon crushed red pepper, divided
- 1 teaspoon sriracha hot chili sauce
- 1/2 teaspoon whole thyme leaves

INSTRUCTIONS

- 1 Fill medium saucepan half full of water. Bring to boil on high heat. Add garlic cloves. Boil 3 minutes. Drain well and cool slightly. Transfer garlic to clean pint-size canning jar or other heat-safe glass container.
- 2 Mix water, vinegar, sugar, salt, mustard seed and 1/2 teaspoon of the crushed red pepper in same saucepan. Bring to boil on medium-high heat, stirring to dissolve sugar and salt. Reduce heat to medium-low; simmer 5 minutes. Carefully pour hot liquid over garlic in canning jar. Cover jar with clean metal lid and screw on band. Cool slightly. Refrigerate at least 8 hours or overnight.
- 3 Drain pickling liquid from jar. Add sriracha, thyme and remaining 1/4 teaspoon crushed red pepper. Shake well to mix. Store in tightly covered jar in refrigerator up to 1 month. Enjoy Spicy Pickled Garlic on its own or as part of a charcuterie tray, or use to add spicy garlic flavor to stir-fry, sautéed veggies, or other recipes where you'd use fresh garlic.

Cabbage Slaw with Tangy Mustard Seed Dressing

Mustard seed, cilantro, and cumin give this coleslaw an Indian spin. Source: Romulo Yanes, myrecipes.com

Hands-on: 20 mins

Total: 35 mins

Yield: Serves 10 (serving size: about 1 cup)

Ingredients

- 8 cups pre-sliced green cabbage (about 1 1/2 pounds)
- 1 cup thinly vertically sliced red onion
- 1/2 cup grated carrot
- 1/2 cup chopped fresh cilantro
- 2 tablespoons canola oil
- 2 tablespoons brown mustard seeds
- 1 tablespoon cumin seeds
- 1 large garlic clove, minced
- 1/2 jalapeño pepper, finely chopped
- 1/4 cup white wine vinegar
- 1 1/2 teaspoons sugar
- 3/4 teaspoon salt
- 3/4 teaspoon freshly ground black pepper

Directions

- Step 1 - Combine the first 4 ingredients in a large bowl.
- Step 2 - Heat a small saucepan over medium heat. Add oil to pan; swirl to coat. Add mustard and cumin seeds; cook 90 seconds or until mustard seeds begin to pop. Remove from heat. Stir in garlic and jalapeño; let stand 2 minutes. Add vinegar, sugar, salt, and pepper, stirring with a whisk. Pour vinegar mixture over cabbage mixture; toss to coat. Let stand 15 minutes.

Baked Dijon Salmon

Recipe by Esmee Williams, allrecipes.com

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Ingredients

- ¼ cup butter, melted
- 3 tablespoons Dijon mustard
- 1 ½ tablespoons honey
- ¼ cup dry bread crumbs
- ¼ cup finely chopped pecans
- 4 teaspoons chopped fresh parsley
- 4 (4 ounce) fillets salmon
- salt and pepper to taste
- 1 lemon, for garnish

Directions

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Stir together butter, mustard, and honey in a small bowl. Set aside.
3. Mix together bread crumbs, pecans, and parsley in another bowl.
4. Brush each salmon fillet lightly with honey mustard mixture.
5. Sprinkle the tops of fillets with bread crumb mixture.
6. Bake salmon in the preheated oven until it flakes easily with a fork, 12 to 15 minutes. Season with salt and pepper, and garnish with a wedge of lemon.

Mustard Greens

Source: thekitchn.com

Ingredients

- 1 1/2 pounds mustard greens (about 2 bunches)
- 3 cloves garlic
- 2 tablespoons olive oil
- 1/4 teaspoon red pepper flakes (optional)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 tablespoon balsamic vinegar

Instructions

1. **Prep the mustard greens and garlic.** Trim the thick bottom stems from 1 1/2 pounds mustard greens and discard. Coarsely chop the greens with their thin stems attached (about 12 cups). Rinse in a colander but do not dry. Thinly slice 3 garlic cloves.
2. **Sauté the garlic and red pepper flakes.** Heat 2 tablespoons olive oil in a large, wide, high-sided sauté pan over medium heat until shimmering. Add the garlic and 1/4 teaspoon red pepper flakes if desired. Cook, stirring, until fragrant, about 1 minute (do not let the garlic brown).
3. **Add the mustard greens and cook.** Add the mustard greens a few handfuls at a time, stirring after each addition so that they start to wilt, until all of the greens are added. Stir in 1/2 teaspoon kosher salt and 1/4 teaspoon black pepper. Cover and cook, stirring occasionally, until the mustard greens are tender, 10 to 15 minutes. Remove from the heat, stir in 1 tablespoon balsamic vinegar, and serve.

Pickled Mustard Seeds

Source: afarmgirltdabbles.com

Yield: 24 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

This homemade condiment is an easy way to add bold, bright flavor to sandwiches, dressings, and dips. It literally pops with flavor and texture!

Ingredients

- 1/2 c. white wine vinegar
- 1/2 c. water
- 3 T. sugar
- 1/2 tsp. kosher salt
- 1/3 c. yellow mustard seeds
- 1 small to medium sized shallot, thinly sliced into rings

Instructions

1. In a medium saucepan over medium heat, combine white wine vinegar, water, sugar, and salt. Bring to a simmer and then stir in mustard seeds. Turn heat down to medium-low, and cook until seeds are tender and look a bit plumped, about 30 minutes. Stir in shallots and remove saucepan from heat.
2. Let mustard seeds cool to room temperature, then transfer to a jar with a lid and refrigerate. When stored in an airtight jar and kept refrigerated, pickled mustard seeds will keep well for up to two months.

This can go anywhere mustard might go – on a sandwich, with roasted meat, in a salad dressing...

Mustard Balsamic Chicken Marinade

Recipe by Across the Ocean, food.com

Ingredients

- 2 tablespoons mustard
- 2 tablespoons balsamic vinegar
- 3 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon paprika

Directions

- Combine all ingredients together.
- Let chicken marinate for at least 30 minutes.

Bourbon and Honey Coarse Mustard

Source: Kristin Olson, www.bourbonandhoney.com

- Prep Time: 15 mins
- Cook Time: 8 hours
- Total Time: 8 hours 15 minutes
- Yield: about 3 cups 1x

Ingredients

- 1 cup brown mustard seeds
- 3/4 cup apple cider vinegar
- 3/4 cup honey
- 2/3 cup bourbon
- 1/2 cup yellow mustard seeds
- 1 ½ teaspoons sea salt

Instructions

1. In a medium bowl, stir together all ingredients. Let stand, covered 8 hours or overnight to combine the flavors. Transfer to the bowl of a food processor; and pulse until desired texture.
2. Spoon into clean jars. Refrigerate 1 week before serving or up to 2 months.