



What Is Ground Mustard?

Ground mustard is a fine powder derived from the ground seeds of the mustard plant. It can be used in many recipes for an added tangy heat and it's an excellent substitute for recipes that call for Dijon or whole-grain mustard. When using ground mustard in your cooking, the possibilities are endless. You can add it to your salad dressing or use it as a base for marinades for chicken or pork. It's also great as a dry rub for beef or a seasoning for roasted vegetables.

Whole mustard seeds are harvested from three different plants: yellow (or white) mustard, brown mustard, and black mustard. The plants produce beautiful yellow flowers which then turn to pods that contain the seeds. The seeds can be stored in an airtight container in a dry, dark place for up to a year.

Yellow: primary ingredient in American mustards and also used in pickling spice mixes.

Brown: commonly used for pickling and flavoring meats like corned beef

Black: These small seeds cost more to grow and harvest so are not as common.

Interesting facts

- Food historians believe that mustard seeds were first cultivated around 3,000 BC in ancient Egypt.
- In 12th century England, mustard seed was always kept on the table, along with a mortar and pestle, so diners could grind it into powder and add it to their food.
- It wasn't until the 18th century that mustard seed was sold commercially as a powder for seasoning or to make prepared mustard.



"Spice of Life" is a monthly "Take & Make Spice Club Kit" featuring a variety of unique spices, herbs, or blends.

This kit includes:

- Information on the featured spice
- 2-3 recipes
- A small packet of featured spice - enough for at least 1 of the recipes.

The kits are free, but supplies are limited.
Please take only one kit per household.



Share your experience with us

Once you have created your culinary masterpiece at home, you're welcome to share photos of your successes (and fails), opinions, tips, and love (or not) of the spice on the library's Facebook page, and may even be featured on our Spice of Life webpage.



490 East Grand Avenue
Wisconsin Rapids WI 54494

715-422-5136

www.mcmillanlibrary.org



Take & Make Spice Club Kit



March Ground Mustard



Macaroni & Cheese



(Yields 6 servings)

INGREDIENTS

4 c. dried macaroni
1 whole egg
½ stick salted butter
¼ c. all-purpose flour
2½ c. whole milk
2 tsp. (heaping) ground mustard, more if desired
1 lb. cheese (such as cheddar, jack, and/or fontina), grated
½ tsp. kosher salt, more to taste
½ tsp. seasoned salt, more to taste
½ tsp. ground black pepper
Cayenne pepper, paprika and/or thyme

INSTRUCTIONS

Cook the macaroni until very firm. The macaroni should be too firm to eat right out of the pot. Drain. Beat the egg in a small bowl. Melt the butter in a large pot and sprinkle in the flour. Whisk together over medium-low heat. Cook the mixture for 5 minutes, whisking constantly. Don't let it burn. Pour in the milk, add the mustard, and whisk until smooth. Cook for 5 minutes until very thick. Reduce the heat to low. Take ¼ cup of the sauce and slowly pour it into the beaten egg, whisking constantly to avoid cooking the egg. Whisk together till smooth. Pour the egg mixture into the sauce, whisking constantly. Stir until smooth. Add in ,

the cheese and stir to melt. Add the kosher salt/seasoned salt and pepper. Taste the sauce, adding more salt and seasoned salt as needed. (Do not under-salt!) Pour in the drained, cooked macaroni and stir to combine. Serve immediately; otherwise, pour into a buttered baking dish, top with extra cheese, and bake at 350° for 20 to 25 minutes, then serve.

Hot Artichoke Dip



(Yields 24 servings)

INGREDIENTS

1 (8 ounce) package cream cheese, softened
1 cup mayonnaise
½ cup grated Parmesan cheese
1 teaspoon garlic powder
½ teaspoon ground mustard
1 (14 ounce) can artichoke hearts, drained and chopped

INSTRUCTIONS

Preheat oven to 350°F. Mix cream cheese, mayonnaise, Parmesan cheese, garlic powder and ground mustard in medium bowl until well blended. Stir in artichoke hearts. Spread in 9-inch pie plate. Bake 30 minutes or until hot and bubbly. Serve with vegetable dippers and assorted crackers or sliced French bread.

Recipe Sources

- <https://www.thepioneerwoman.com/food-cooking/recipes/a11497/macaroni-cheese>
- <https://www.mccormick.com/recipes/appetizer/hot-artichoke-dip>
- <https://www.southernliving.com/recipes/cheese-dreams-recipe>

1 teaspoon dry mustard =
1 tablespoon prepared mustard

Cheese Dreams



(Yields 3 dozen)

INGREDIENTS

2 cups finely grated sharp Cheddar cheese (freshly grated from a block)
1 cup unsalted butter, softened
2 tablespoon heavy cream
1 large egg
1 teaspoon Worcestershire sauce
½ teaspoon salt
½ teaspoon ground mustard
Ground red pepper or hot sauce to taste
1 (16-oz.) pkg. firm white sandwich bread slices

INSTRUCTIONS

Preheat oven to 375°F. Beat cheese and butter at medium speed with an electric mixer until blended. Beat in heavy cream and next 5 ingredients. Cut crusts from white bread slices; cut each bread slice into 4 squares. Spread cheese mixture on half of bread squares (about 1 tsp. per square); top each with 1 remaining square. Spread remaining cheese mixture over top and sides of sandwiches. Place sandwiches, 1 inch apart, on a lightly greased baking sheet. Bake at 375°F for 15 minutes or until golden brown.