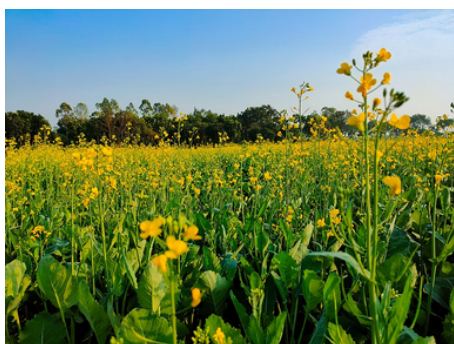


July 2026 : Ground Mustard



Mustard is from the *Brassicaceae* family. Believed to have been cultivated in the Indus Valley ca. 3000 BCE, it has been one of the most widely grown and used spices for centuries. The Greeks used mustard as both medicine and condiment and the Romans followed suit, ascribing it as a cure for anything from hysteria to snakebite to bubonic plague.

The Romans brought the mustard seed to what is now Northern France, where monks planted it in the vineyards alongside the grapes, and it grew in popularity as a condiment. Prepared mustard as we know it, began in Dijon, France in the 13th century. In the early 19th century, Jeremiah Colman perfected a heatless milling technique that preserved the flavor of mustard in powder form.

Mustard seeds are round and tiny - about 0.1 inch! The spice and pungency of mustard seed is dependent on the plant it comes from, but all varieties contain the enzyme myrosin, which triggers a reaction when chewed or mixed with a liquid. Ground Mustard is made by dry roasting and grinding whole mustard seeds into a fine powder.

Culinary Uses: Mustard is most often used as a condiment. It is a common ingredient in mayonnaise, vinaigrette, marinades, and barbecue sauce.

Mustard is a natural emulsifier. The molecules in mustard are amphiphilic, meaning they have a water-loving (hydrophilic) side and an oil-loving (hydrophobic) side. For this reason, mustard is frequently used to stabilize mixtures which contain oil and water (vinaigrettes, hollandaise, etc.).

Mustard can be added to dishes as a primary spice, which is popular in East Indian cuisine. Added to mixed vegetables or fish curries, it can impart a unique flavour to some of the Indian recipes.

Fun Facts: Americans consume more mustard than any other country.

Pope John XXII was so fond of mustard that he created a new Vatican position—grand moutardier du pape (grand mustard-maker to the pope)—and promptly filled the post with his nephew.

King Louis XI loved mustard so much that he traveled with his own personal supply.

National Mustard Day is August 1! Celebrate accordingly.

PICKLE PACKED DEVILED EGGS

Active Time: 30 minutes

Total Time: 1 day, 30 minutes

Servings: 12

Ingredients

- 1 cup pickled beet juice, plus 3 pickled baby beets (from 1 [16-oz.] jar pickled baby beets [such as Aunt Nellie's]), divided
- 6 large eggs
- Ice
- 1/2 cup water
- 2 Tbsp. mayonnaise
- 1 tsp. yellow mustard*
- 2 1/2 Tbsp. dill pickle relish
- 1/4 tsp. kosher salt
- 1/8 tsp. black pepper
- 2 pickled okra pods, sliced into 1/4-in. rounds
- 2 cornichons, sliced lengthwise into 1/4-in. planks



Instructions:

1. Fill a large pot with water, and bring to a boil over high. Carefully lower eggs into boiling water; cook, undisturbed, for 11 minutes, 30 seconds.
2. Meanwhile, fill a large bowl halfway with ice, and add enough water to cover ice; set ice bath aside.
3. Using a spider or slotted spoon, immediately transfer cooked eggs from boiling water to ice bath. Let stand until completely cooled, at least 5 minutes or up to 30 minutes.
4. Working with 1 egg at a time, firmly tap eggs on countertop or a flat work surface until cracks form all over the shell. Peel eggs under cold water.
5. Thinly slice baby beets, and place in refrigerator until ready to use. Place peeled eggs in a large ziplock plastic bag, and carefully pour beet juice into bag. Add up to 1/2 cup water to bag as needed until eggs are completely submerged in liquid. Remove excess air from bag, and seal. Place bag in a large bowl, and refrigerate for 24 hours.
6. Remove eggs from bag; discard juice in bag. Cut eggs in half lengthwise, and carefully remove yolks. Mash together yolks, mayonnaise, and mustard in a medium bowl. Add relish, salt, and pepper. Stir well to combine.
7. Spoon egg yolk mixture evenly (about 1 tablespoon each) into egg whites. Top evenly with okra, cornichons, and sliced beets. Serve immediately, or store in an airtight container in refrigerator up to 3 days.

* Yes, this recipe calls for prepared mustard, not ground. We had to include it because these deviled eggs are life-changing. A staff member brought them to the library's holiday party after which the staff hounded her relentlessly. This recipe is great as is, but if you want to take these eggs to flavortown, use Duke's mayo, Plochman's Original Mustard, and a combination of sweet and dill relish.

TOMATO PIE



Active Time: 30 minutes

Total Time: 4 hours

Servings: 6 to 8

Ingredients

- 1 store-bought refrigerated pie dough, shaped in a 9-inch pie plate and chilled for at least 2 hours
- 1 ½ lb. (680 g) heirloom or beefsteak tomatoes, sliced crosswise into 1/4-inch thick slices
- 1 tsp. Diamond Crystal kosher salt, divided; for table salt use half as much by volume
- 1 Tbsp. (15 ml) extra-virgin olive oil
- 1 medium (8 ounces) Vidalia or other sweet yellow onion, thinly sliced
- 3/4 cup (180 ml) mayonnaise
- 3 ounces (85 g) yellow sharp cheddar cheese, shredded (about 3/4 cup)
- 3 ounces (85 g) aged white cheddar cheese, shredded (about 3/4 cup)
- ½ tsp. ground mustard
- ½ tsp. garlic powder
- ¼ tsp. freshly ground black pepper
- 1 large egg, lightly beaten
- 4 ounces (113 g) low-moisture mozzarella cheese, shredded (about 1 cup), divided
- Fresh basil leaves, torn, for garnish

Instructions:

1. Place tomato slices on a wire rack-lined rimmed baking sheet; season both sides of tomatoes with 1/2 teaspoon of the salt. Let sit for 15 minutes. Pat dry with paper towels. Flip and continue to let sit, patting dry with paper towels and turning every 15 minutes, until a generous amount of liquid has released, about 1 hour.
2. Meanwhile, adjust oven rack to middle position and preheat oven to 400°F(205°C). Lightly prick chilled pie shell all over bottom in 1/2-inch intervals. Line pie shell with a double layer of a 14-inch square pieces of parchment paper or aluminum foil, loosely folding over the edges to prevent burning. Fill with pie weights, dried beans, or granulated sugar. Transfer to a parchment or foil-lined rimmed baking sheet and bake until the crust begins to brown around the edges, 10 to 15 minutes. Remove from oven and carefully remove liner and pie weights from par-baked crust and bake the now uncovered crust until the bottom is baked through and set, and just beginning to turn golden brown, about 2 to 5 minutes. Set aside and let cool, about 30 minutes.
3. While crust cools, in a large stainless-steel skillet, heat oil over medium-high heat until shimmering. Add onion and 1/2 teaspoon salt and cook, stirring occasionally, until browned and softened, 10 to 15 minutes, adding 1 to 2 tablespoons of water if onions start to stick to skillet or get too dark. Transfer to a paper towel-lined plate, and set aside.
4. In a medium bowl, stir together mayonnaise, yellow cheddar, white cheddar, mustard, garlic powder, pepper, egg, and 3/4 cup (3 ounces) of the mozzarella until well combined. Spread half of the mayonnaise mixture (about 1 cup) over the bottom of the cooled pie crust. Pat tomatoes dry one last time, and arrange half of the tomato slices in a single layer on top of mayonnaise mixture (tomatoes should be snug but not overlapping). Scatter half of the cooked onions over the tomatoes. Spread the remaining half of mayonnaise mixture over onions and tomatoes. Layer remaining tomato slices and onions over mayonnaise mixture. Sprinkle with the remaining 1/4 cup (1 ounce) mozzarella.
5. Bake the tomato pie until the cheese is melted and top is puffed and browned, 35 to 45 minutes. If edges of the crust darken too quickly, place aluminum foil or a pie shield around crust edges to prevent burning. Let cool on a wire rack for at least 1 hour before slicing. Garnish with basil, and serve warm or at room temperature.

CHEF JOHN'S BAKED BEANS



Prep Time: 15 minutes
Cook Time: 2 hours 30 min.
Total Time: 10 hours 45 min.

Servings: 6 to 8

Ingredients:

- 1 pound dry navy beans
- 6 cups water
- 1 pinch baking soda
- 1 bay leaf
- 6 strips bacon, cut into 1/2-inch pieces
- 1 yellow onion, diced
- ½ cup molasses
- ¼ cup packed dark brown sugar
- 1 teaspoon dry mustard powder
- 1 ½ teaspoons salt
- ½ teaspoon freshly ground black pepper, or to taste

Directions:

1. Place navy beans in a large bowl and cover with several inches cool water; let soak overnight.
2. Drain beans; place in a large Dutch oven or heavy pot with 6 cups water, baking soda, and bay leaf. Bring to a boil, reduce heat to medium, and boil for 10 minutes. Drain; save bean-cooking liquid.
3. Preheat the oven to 300 degrees F (150 degrees C).
4. Place beans in a clean Dutch oven; add bacon, onion, molasses, brown sugar, dry mustard, salt, and black pepper. Pour in enough hot reserved bean-cooking liquid to cover beans; stir.
5. Cover Dutch oven; bake in the preheated oven 1 hour. Check liquid level; add more reserved bean-cooking liquid to cover beans. Return to oven; continue baking until beans tender and almost all liquid absorbed, about 1 hour.
6. Increase oven temperature to 350 degrees F (175 degrees C). Uncover beans; continue baking until top develops a flavorful crust, 20 to 30 minutes more.

SLOPPY JOE'S



Time: 40 minutes
Servings: 8

Ingredients:

- 2 pounds ground beef
- ½ cup chopped onion
- ¼ cup chopped celery
- 7 ounces ketchup
- 1 tablespoon brown sugar
- 1 ½ teaspoons Worcestershire sauce
- 1 teaspoon vinegar
- ¼ teaspoon dry mustard powder
- ⅛ teaspoon lemon juice
- 8 white or wheat hamburger buns

Directions:

1. Place a large skillet over medium-high heat. Crumble ground beef into skillet; add onion and celery. Cook and stir beef mixture until beef is completely browned, 7 to 10 minutes.
2. Stir ketchup, brown sugar, Worcestershire sauce, vinegar, mustard, and lemon juice through the beef mixture. Reduce heat to medium-low and cook mixture at a simmer until mixture is hot and sauce has thickened, about 20 minutes.

YELLOW MUSTARD

- 1 cup cold water
- ¾ cup yellow dry mustard
- ¾ teaspoon coarse sea salt or kosher salt
- 1/2 teaspoon ground turmeric
- 1 teaspoon garlic purée, or 1/8 teaspoon garlic powder
- 1/8 teaspoon paprika
- 1/2 cup white distilled vinegar

1. Place the first 7 ingredients in a small nonreactive saucepan and whisk until smooth. Cook over medium-low heat, stirring often, until it bubbles down to a thick paste, 30-45 min. [Note: Do this in a well-ventilated kitchen]
2. Whisk vinegar into mustard mixture and continue to cook until it's thickened to mustard consistency, about 7-15 min.
3. Let mustard cool to room temperature. Transfer mustard to an airtight container, cover, and refrigerate for up to 3 months. The mustard will be quite pungent the first few days or even weeks, but will mellow with time.

Check Out These Cookbooks!

These cookbooks all contain recipes with spices from this month's kit. Did you know that we have over 350 cookbooks in our collection? Explore recipes from many different countries and cuisines!



Taste of Home: Grandma's Favorites

Taste of Home

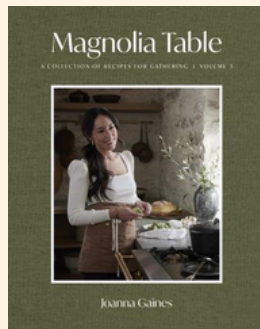
Location in Library:
641.5 TAS



The Pioneer Woman Cooks: The Essential Recipes

Ree Drummond

Location in Library:
641.597 DRU



Magnolia Table: A Collection of Recipes for Gathering - Volume 3

Joanna Gaines

Location in Library:
641.597 GAI



San Antonio Cooks: Favorite Recipes from Local Chefs & Restaurants

Julia Celeste Rosenfield

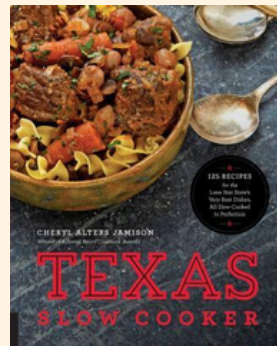
Location in Library:
641.597 ROS



The Big Texas Cookbook

Texas Monthly

Location in Library:
641.597 TEX



Texas Slow Cooker

Cheryl Alters Jamison

Location in Library:
641.588 JAM