

Premium Mustard Serving Suggestions

Mustard Sauces

Grilled Tuna Nicoise Salad with Wasabi & Sake Mustard Sauce

Serves 4-6

Ingredients

1/4 cup **Wildly Delicious Hot Wasabi Mustard with Sake**

1/4 cup red wine vinegar

1/4 lemon juice

3/4 cup olive oil

2 minced cloves of garlic

1 tsp salt

1/4 tsp fresh ground pepper

4 fresh tuna steaks

3 cups of mixed greens, washed and dried

1 cup arugula, washed and dried

1 package of cherry tomatoes

1/2 cup nicoise olives

3/4 cup of cooked green beans

1 tbsp drained capers

4 hard boiled eggs quartered

1 lb cleaned, cooked and halved small red new potatoes

Olive oil

Salt and pepper

In a small bowl, whisk together Hot Wasabi Mustard with Sake, red wine vinegar, lemon juice, olive oil, garlic, salt and pepper.

Take 2 tbsp of mustard mixture and set aside for garnish, using the rest as the dressing for the salad and vegetables.

In a large bowl, toss together mixed greens and arugula.

Add capers, cherry tomatoes, and olives to salad bowl. Set aside.

Heat a grill pan over medium-high heat.

Rub the tuna steaks with olive oil and the reserved mustard sauce. Sprinkle some extra salt and pepper over tuna.

Place tuna on the hot grill pan and sear for approximately 2 minutes per side for rare tuna steaks, or until the desired doneness is reached. The steaks should still be pink in the middle and white on the outer edge.

Slice tuna thinly on a diagonal. Set aside.

Finish the salad by tossing the greens, arugula, capers, tomatoes, and olives with 3/4 of the remaining mustard sauce.

Plate the salad on four dinner plates or 6 salad plates.

Use the same bowl, and gently toss the new potatoes, and green beans with mustard sauce.

Divide the new potatoes and green beans equally among the four plates.

Place 1 boil egg cut in quarters on each plate. Top the plates with tuna. Drizzle reserved sauce over tuna. Serve and Enjoy!

Pan-seared Lemon Haddock with Saffron & Cardomon Mustard Sauce

Serves 6

Ingredients:

1/4 cup **Wildly Delicious Saffron & Cardomon Mustard with Champagne**

1/2 cup lemon juice

3/4 cup olive oil

2 minced cloves of garlic

1 tsp salt

1/4 tsp fresh ground pepper

6 haddock fillets (6 oz)

1 fresh lemon

Olive oil

In a small bowl, combine the Saffron & Cardomon Mustard with Champagne, lemon juice, garlic, salt and pepper.

Whisk in the olive oil slowly with the above ingredients.

Place fish fillets in a baking dish.

Pour mustard sauce over fish, reserve about 3 tbsp.

Cover baking dish and refrigerate for at least 1 hour.

In a large skillet heat oil until hot but not smoking. Place fillets in skillet and squeeze the juice of 1 fresh lemon over fish. Sear the fish until golden brown (approximately 3-4 minutes per side). Serve and Enjoy!

Roast Fillet of Beef with Smoked Tea Mustard Sauce

Serves 6-8

Ingredients

1/3 cup **China Smoked Black Tea Premium Mustard with Chardonnay**

1 fillet of beef (approximately 3 1/2 lbs)

2 tbsp vegetable oil

1 cup of merlot red wine

2-3 finely chopped red chillies

3 tbsp lemon juice

1/4 cup olive oil

2 minced cloves of garlic

1 1/2 tsp. salt

1 1/2 tsp sugar

3 tbsp. chopped fresh chives

1/4 tsp fresh ground pepper

Season the fillet of beef with salt and freshly ground pepper.

Heat a pan with oil over high heat. Sear the fillet of beef for about 2 minutes on each side. Transfer the fillet of beef into a roasting pan. Pour any residual oil and juices over meat.

Pour the merlot over beef. Roast the beef in a preheated 500 °F oven for about 15-20 minutes. The meat thermometer should read 130 °F.

Meanwhile, prepare the mustard sauce.

In a small bowl, combine the China Smoked Black Tea Mustard with Chardonnay, lemon juice, garlic, salt, sugar, and pepper. Slowly whisk in the olive oil. Add the fresh chives.

Once the beef is cooked, slice and plate the servings.

Drizzle the mustard sauce on top and garnish with chopped red chillies.

Oven Baked Chicken with Saffron & Cardomon Mustard Cream Sauce & Linguine

Serves 4

Ingredients:

¼ cup of **Saffron & Cardomon Premium Mustard with Champagne**, plus 2 tbsp
4 chicken breasts
¼ cup of lemon juice
2 minced cloves of garlic
¼ cup of olive oil
¼ tsp salt
¼ tsp pepper
2 lbs of fresh linguine
1 ½ cup of chicken stock
1 cup heavy cream 35%
3 tbsp unsalted butter
1 tbsp tomato paste
2 tbsp olive oil
Salt and freshly ground pepper
2 tbsp chopped fresh parsley

In a small bowl, combine lemon juice, ¼ cup Saffron & Cardomon Premium Mustard with Champagne, garlic, olive oil, salt and pepper.

In a baking dish, place chicken breast.

Pour over marinade and let sit for ½ hour in the refrigerator, or for best results over night.

Bake the chicken at 370 °F for 20 minutes. Make sure the chicken is fully cooked all the way through; the meat should be white in colour.

Meanwhile, in a large saucepan heat olive oil over medium heat until hot but not smoking. Add tomato paste, chicken stock, 2 tbsp Saffron & Cardomon Premium Mustard with Chardonnay, salt and pepper. Bring to a boil and reduce heat. Add cream and reduce sauce by half. Melt in butter. Let simmer.

Meanwhile, cook fresh linguine in heavily salted boiling water until it is al dente. Drain pasta, reserve a little of the cooking water (about 5 tbsp). Toss pasta in sauce, with the reserved cooking water.

Plate pasta and serve with one cooked chicken breast. Sprinkle with fresh parsley. Enjoy!

Dips

Beef Baguette Sandwich with China Smoked Black Tea Dip

Serves 6-8

China Smoked Black Tea Dipping Sauce:

1/3 cup **Wildly Delicious China Smoked Black Tea Mustard with Chardonnay**

2 tbsp red wine

1 tbsp balsamic vinegar

1 tsp soy sauce

2 cloves of crushed garlic

1 tsp salt

1 cup caramelized onions (recipe below)

2 lbs oven roast beef sliced about 1/8 inch thick

1 baguette

1/2 cup grated 5 year-old white cheddar

3 sliced plum tomatoes

China Smoked Black Tea Mustard with Chardonnay and/or mayonnaise

Olive oil

In a small bowl, combine China Smoked Black Tea Mustard with Chardonnay, red wine, balsamic vinegar, soy sauce, garlic and salt. Mix. Set aside.

Slice a baguette lengthwise and brush with a little bit of olive oil. Sprinkle one side with old cheddar cheese and toast under the broiler, until it is golden brown.

Spread China Smoked Black Tea with Chardonnay Premium Mustard and/or mayonnaise on the non-cheese side.

Layer caramelized onions and slice tomatoes on the cheese side and roast beef on the other side. Drizzle mustard dip over roasted beef. Put sandwich together, press down and slice baguette into 4 inch pieces.

Serve sandwich with remaining sauce for dipping. ENJOY!

Caramelized Onions:

2 medium onions thinly sliced into half moon pieces

2 tbsp. olive oil

1 tsp. sugar

1/2 tsp. salt

Pinch of ground black pepper

In a skillet, heat oil over medium heat.

Add onions, cook for 10-15 minutes.

Add sugar, salt, pepper and cook for another 30-35 minutes until onions are brown.

Chicken and Vegetable Spring Rolls with Wasabi Mustard Dip

Serves 10-12

Ingredients:

1/3 cup **Wildly Delicious Hot Wasabi Mustard with Sake**

12 mini vegetable spring rolls

12 mini chicken spring rolls

1/2 cup crushed pineapple

1 tbsp cider vinegar

2 cloves of crushed garlic

1 tsp salt

Cook spring rolls as per package instructions.

While the spring rolls are cooking, purée the crushed pineapples with a mini food processor.

In a small bowl, whisk together the Hot Wasabi with Sake Premium Mustard, pineapple purée, cider vinegar, garlic and salt.

Serve Wasabi Mustard Dip as a side to spring rolls.

Grilled Cherry Tomatoes with Saffron & Cardomon

Serves 4-6

Ingredients

1 pint cherry tomatoes

1/3 cup **Wildly Delicious Saffron & Cardomon Mustard with Champagne**

3 tbsp olive oil (extra olive oil for drizzling)

2 tbsp cider vinegar

1 tbsp coarse salt

1 tsp fresh ground pepper

Chopped fresh mint (about 1 sprig)

Preheat oven to 375 °F.

Wash the cherry tomatoes and cut them in half.

Place on a baking sheet.

Drizzle with olive oil.

Sprinkle salt and pepper over tomatoes.

Bake until cherries are blistering and browning slightly.

Meanwhile, in a small bowl, whisk together the Saffron & Cardomon Mustard with Champagne, olive oil and cider vinegar.

Drizzle mustard dip over broiled tomatoes. Sprinkle chopped mint over tomatoes and serve as an appetizer.

Oven Baked Mashed Potatoes With Crusted Cheese

Wasabi Mashed Potatoes with 5 Year Aged White Cheddar

Serves 4-6

Ingredients:

3 tbsp **Wildly Delicious Hot Wasabi Mustard with Sake**

2 lbs peeled potatoes (approximately 4 large potatoes)

1 cup 5 year Aged White Cheddar (divided into $\frac{3}{4}$ cup & $\frac{1}{4}$ cup)

$\frac{1}{2}$ cup 2% milk

3 tbsp butter

1 clove of crushed garlic

1 sprig of chopped green onions

1 tsp salt

Preheat oven to 375 °F.

Cook peeled potatoes in heavily salt water boiling water for approximately 45 minutes. Drain potatoes.

In a large bowl, mashed potatoes by hand with a masher or with a hand blender. Mix the mashed potatoes with the Hot Wasabi Mustard with Sake, $\frac{3}{4}$ cup of cheese, milk, butter, garlic, green onions, and salt.

Transfer the mashed potato mixture into a buttered casserole dish. Add remaining $\frac{1}{4}$ of the cheese on top of potatoes. Place casserole dish into a preheated oven for about 30 minutes or until the cheese is crusty and brown. Serve as a side and ENJOY!

Smoked Black Tea Mashed Potatoes with Parmesan & Asiago

Serves 4-6

Ingredients:

3 tbsp **Wildly Delicious China Smoked Black Tea Mustard with Chardonnay**

2 lbs peeled potatoes (approximately 4 large potatoes)

1 cup of grated parmesan cheese (divided into $\frac{3}{4}$ cup & $\frac{1}{4}$ cup)

$\frac{1}{4}$ cup grated Asiago

$\frac{1}{2}$ cup 2% milk

3 tbsp butter

2 cloves of crushed garlic

$\frac{1}{2}$ tsp crushed chillies flakes

2 sprigs of chopped chives

1 tsp salt

Preheat oven to 375 °F.

Cook peeled potatoes in heavily salt water boiling water for approximately 45 minutes. Drain potatoes.

In a large bowl, mash potatoes by hand with a masher or with a hand blender. Mix the mashed potatoes with the China Smoked Black Tea Mustard with Chardonnay, $\frac{3}{4}$ cup of parmesan cheese, $\frac{1}{4}$ cup of Asiago cheese, milk, butter, garlic, chives, chillies, and salt.

Transfer the mashed potato mixture into a buttered casserole dish. Add remaining $\frac{1}{4}$ of the parmesan cheese on top of potatoes. Place dish into a preheated oven for about 30 minutes or until the cheese is crusty and brown. Serve as a side and ENJOY!

Saffron & Cardomon Mashed Potatoes with Swiss

Serves 4-6

Ingredients:

3 tbsp **Wildly Delicious Saffron & Cardomon with Champagne Premium Mustard**

2 lbs peeled potatoes (approximately 4 large potatoes)

1 cup of grated Swiss cheese (divided into $\frac{3}{4}$ cup & $\frac{1}{4}$ cup)

$\frac{1}{2}$ cup 2% milk

3 tbsp butter

2 clove of crushed garlic

1 tsp salt

Preheat oven to 375°F.

Cook peeled potatoes in heavily salt water boiling water for approximately 45 minutes. Drain potatoes.

In a large bowl, mashed potatoes by hand with a masher or with a hand blender. Mix the mashed potatoes with the Saffron & Cardomon Mustard with Champagne, $\frac{3}{4}$ cup of Swiss cheese, milk, butter, garlic, and salt.

Transfer the mashed potato mixture into a buttered casserole dish. Add remaining $\frac{1}{4}$ of the cheese on top of potatoes. Place dish into a preheated oven for about 30 minutes or until the cheese is crusty and brown. Serve as a side and ENJOY!

Marinades & Glazes

Baked Ham with Honey & Smoked Tea Mustard Glaze

Serves 8-10

Ingredients:

1 jar **Wildly Delicious China Smoked Black Tea Mustard with Chardonnay**

12-15 lb fully cooked smoked ham

1 bottle of beer (preferably, a honey brown ale)

1/3 cup brown sugar

1/2 cup honey

2 tbsp white wine vinegar

1 tsp fresh ginger

Preheat oven to 325 °F.

In a roasting pan, place one sheet of foil lengthwise and another piece widthwise. Place meaty side of the ham up on the foil.

Pour ale all over the ham.

Wrap it in the foil to create a 'tent effect', so that it is tightly sealed but with room for the air to circulate around the ham.

Place roasting pan in the oven for 2 hours. During the 2 hours, baste ham frequently with beer.

Meanwhile, in a bowl combine China Smoked Black Tea Mustard with Chardonnay, brown sugar, honey, white wine vinegar, and fresh ginger.

Remove ham from the oven after two hours of cooking time (keep the oven on).

Take the skin off by using a sharp knife to make a lengthwise cut along the ham. It's best to use a tea towel or an oven mitt on one hand to pull the skin back, while sliding the knife beneath the skin. Try to leave as much fat on the ham as possible. Repeat with the other side.

Now, score the fatty side of the ham. Simply, make cuts crossways and lengthways with the knife, forming a diamond pattern.

Baste the entire ham using about 1/3 of the mustard mixture.

Place the uncovered basted ham back into the oven for about 1 hour.

Baste the ham twice during cooking time.

The ham is cooked once the surface is golden & crusted and the meat thermometer reads 140 °F.

Take the ham out of the oven and tent it with foil. Let the ham stand for 30 minutes before carving.
ENJOY!

Tuna Burgers with Wasabi & Sake Mustard Glaze

Serves 4

Ingredients:

3 tbsp **Wildly Delicious Hot Wasabi Mustard with Sake**, plus 1 tbsp
1 ½ lbs tuna steak
1 egg
1 cup breadcrumbs
½ onions
2 tbsp sesame seeds
2 tsp chopped garlic, plus 1/2 tsp
1 tbsp soy sauce
1 tsp salt
¼ tsp white pepper
⅓ cup teriyaki sauce
1 tbsp honey
1 tbsp rice wine vinegar
2 tsp fresh ginger
4 sesame seed buns
4 large tomato slices
8 slices cucumber
1/2 cup alfalfa sprouts

Grind tuna in a grinder or hand chop.

In a large bowl, whisk the egg. Add the tuna, 3 tbsp Hot Wasabi Mustard with Sake, onions, breadcrumbs, sesame seeds, 2 tsp garlic, soy sauce, salt and pepper.

With your hands, combine all the ingredients together and make 4 equal size balls. Flatten the balls of tuna to make patties.

In a saucepan, combine 1 tbsp Hot Wasabi Mustard with Sake, teriyaki sauce, honey, rice wine vinegar, ginger and 1/2 tsp garlic together. Bring the mixture to a boil, and then let simmer for about 5 minutes until the sauce thickens (the sauce should coat the back of a spoon). Keep the sauce on the stove at the lowest possible setting to keep the sauce warm while the burgers cook.

If cooking burgers on the grill, brush grill with oil. If using a skillet, heat oil in skillet over medium-high heat.

Place patties on grill or skillet and cook until seared on the bottom. Flip over, brush cooked side with the glaze. Flip patties again and brush with glaze.

Toast the buns, and garnish burgers with fresh tomatoes, cucumbers, and alfalfa sprouts.

Chicken Wings Marinated with Smoked Tea Mustard

Serves 4

Ingredients

3 tbsp **Wildly Delicious China Smoked Black Tea Mustard with Chardonnay**

4 pounds chicken wings

4 crushed cloves garlic

Zest of 1 lime

1/4 cup honey

1/3 cup lime juice

2 tbsp soy sauce

2 tbsp plain yogurt

1/2 tsp salt

Preheat oven to 450 °F.

In a large bowl, combine China Smoked Black Tea Mustard with Chardonnay, garlic, lime zest, honey, lime juice, soy sauce, salt, and yogurt. Mix thoroughly.

Add chicken wings to bowl, tossing with marinade to coat.

Cover bowl with plastic wrap and let it sit in the refrigerator for 3 hours or overnight.

Prepare a broiler pan or baking sheets by either lining them with aluminum foil or oil.

Place chicken wings on pan/baking sheets. Drizzle any left over marinade over wings.

Sprinkle wings with some extra salt and place in oven.

Broil for 10-15 minutes, until golden brown. Turn wings over.

Broil for another 20-25 minutes until cooked.