

FYI...



Did you know that Canada is one of the world's largest producers of mustard seed? In fact, in 2021 Canada was the world's top exporter of mustard seeds.

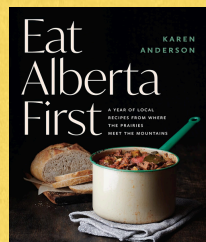
In Canada, mustard seeds are most commonly ground into a powder and combined with water or vinegar to make a bright yellow condiment. However, the seeds can also be fried, and the leaves can be eaten as a vegetable.

The condiment was invented by the Romans, which is actually where we get the name for mustard. Grape juice (called "mustum") was combined with these seeds to make a condiment. One recipe for mustard appears in a Roman cookbook that was probably compiled in the fifth century!

In 2022, Canadian farms seeded 554,000 acres with mustard crops, and 141,000 of those were here in Alberta.



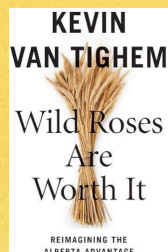
BOOK RECOMMENDATIONS



COOKBOOK
Eat Alberta First
by Karen Anderson
📍 641.597 AND

FICTION

The Summer of Bitter and Sweet
by Jen Ferguson
📍 Y FER



NON-FICTION
Wild Roses Are Worth It
by Kevin Van Tighem
📍 333.72 VAN



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SPICE OF THE MONTH CLUB



July 2024
Spice of the Month:

MUSTARD POWDER



CHEDDAR CHEESE SHORTBREAD CRACKERS

Ingredients

- 2 cups shredded cheddar cheese
- 1 cup all-purpose flour
- 1/2 cup fine cornmeal
- 1 tablespoon cornstarch
- 1/2 teaspoon kosher salt
- 1/2 teaspoon mustard powder
- 1/4 teaspoon black pepper
- 1/2 cup cold unsalted butter, cut into 1 centimeter pieces
- 3 tablespoons water



Directions

- In a food processor, combine cheese, flour, cornmeal, cornstarch, salt, mustard powder and pepper.
- Add butter to mixture. Process until consistent texture. With processor running, add water. The dough should form a ball.
- Roll the dough into a log approximately 3 or 4 centimeters thick. Wrap in plastic and chill for at least 1 hour.
- Preheat oven to 350°F. Oven racks should be in the upper and lower thirds.
- Unwrap the dough and slice into rounds, approximately 3 mm thick.
- Place rounds on 2 parchment lined baking sheets.
- Place the baking sheets in the oven. Bake until the edges are golden brown, about 14 minutes. Halfway through, swap the upper and lower baking sheet.
- Transfer to a wire rack and cool completely.



Try these recipes, or get creative!
Have fun in the kitchen!

Please email photos of your recipes to
kdewaal@gppl.ca.



BREAKFAST EGG MUFFINS

Ingredients

- 12 large eggs
- 1/3 cup milk
- 1 slice sandwich bread, torn into small pieces
- 1/4 cup scallions, chopped
- 1 teaspoon mustard powder
- 1/2 teaspoon garlic powder
- 3/4 cup cheddar cheese
- Salt and pepper to taste
- (Optional) 453 grams of pork sausage, cooked and broken into small pieces

Directions

- Preheat oven to 350°F.
- Coat a muffin tray with cooking spray or line with parchment muffin liners.
- Combine ingredients in a large bowl.
- Divide mixture evenly in the prepared muffin pan. Quantity will vary depending on whether you chose to include pork.
- Bake for 20-25 minutes, or until golden brown and fully set.



COLESLAW WITH VINEGAR DRESSING

Ingredients

- 1/2 head cabbage, thinly sliced
- 1 cup carrot, grated
- 1/2 cup apple cider vinegar
- 2 tablespoons sugar
- 1/4 cup vegetable oil
- 2 tablespoons Dijon mustard
- 2 teaspoons mustard powder
- 1 teaspoon celery seeds
- Salt and pepper to taste



Directions

- Combine vinegar, sugar, oil, Dijon mustard, mustard powder, celery seeds, kosher salt, and freshly ground black pepper in a saucepan. Whisk until thoroughly combined.
- Heat mixture over medium-high heat. Bring to a boil.
- Combine cabbage and carrots.
- Pour the boiled mixture over the vegetables while it is still hot.
- Toss vegetables to combine and serve.

