SPICE OF THE MONTH CLUB

February 2022

Join us to discuss

2/22 @ 6:30pm / Meeting Room

Spend the month cooking with your spice and join us to discuss your opinions, experiences, and recipes! Tasting samples are welcome but not expected.

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We'll send you notices when kits are ready to pick up, meeting reminders, and shared recipes!

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This month's spice: BROWN MUSTARD SEEDS!

History

Mustard is one of the oldest herbs known to humans. Much appreciated for its medicinal applications, it was highly regarded by the ancient Greeks (including Pythagoras & Hippocrates). Mustard is referred to in the Bible as the greatest among herbs. In ancient Rome, mustard was sprinkled over food in the same way as pepper.

The English were the first to process the husk of the seed away from the center, creating a superfine mustard powder & spawning a manufacturing industry that supplied mustard affordably to all.

Use

Whole mustard seeds are an important ingredient in pickling spice blends. They can add a nutty taste to steamed vegetables such as their close relative, cabbage. When fried in oil at the outset of making a curry, mustard seeds release a deliciously nutty taste and slight piquancy without adding heat.

Of course the most common use of mustard seeds is in the preparation of the condiment frequently used on sandwiches.

The Spice & Herb Bible (Third Edition) by Ian & Kate Hemphill
& AtoZ Food America by World Trade Press

Grilled Shrimp with Mustard-Seed Sauce

These Indian-inspired peel-and-eat shrimp are great to serve for a casual meal. Add a pinch of crushed red chili flakes to boost the heat. Serves 6 to 8 as an appetizer or 4 as a main.

- **2 tablespoons brown mustard seeds**
- **3 tablespoons lime juice**
- **3 tablespoons finely chopped fresh cilantro**
- **2 tablespoons melted coconut oil, divided**
- **1/2 teaspoon coarse sea salt, divided**
- **1 1/2 pound large shell-on, easy-peel shrimp**

1. Prepare a grill for medium-high heat cooking.
2. Place mustard seeds in a small heavy skillet and cook, shaking skillet frequently, until seeds are toasted and fragrant, about 3 minutes; you can do this on the grill grate or on the stove top over medium-high heat.
3. Cool the seeds slightly, then pulse them in a spice grinder or food processor until crushed.
4. Transfer to a large bowl and stir in lime juice, cilantro, 1 tablespoon of the oil and 1/4 teaspoon of the salt. Set aside.
5. In another bowl, toss shrimp with remaining 1 tablespoon oil and 1/4 teaspoon salt.
6. Thread shrimp on 6 (12-inch) metal skewers or place them in a grill basket.
7. Grill, turning once or twice, until shrimp are just cooked through, 4 to 5 minutes total.
8. Add to the bowl with mustard seed sauce and toss to coat. Serve hot.

Bread and Butter Pickles

Something about these cruncy, sweet refrigerator pickles will make you want to drop everything and crash someone's barbecue. Yields 4 cups.

- **3 pounds Kirby or pickling cucumbers**
- **3 large sweet onions, thinly sliced**
- **3/4 cup Diamond Kosher salt (the brand does matter here, other Kosher salts will be way too salty)**
- **1 1/2 cups sugar**
- **1 1/2 cups white vinegar**
- **3/4 teaspoon turmeric**
- **3 Tablespoons mustard seeds**
- **3 Tablespoons coriander seeds**
- **3/4 teaspoon celery seed**

1. In a large bowl, combine the cucumbers, onion, and salt. Mix well.
2. Cover with ice and let sit at room temperature for two hours.
3. In a large pot, combine the sugar, vinegar and spices and bring to a boil.
4. Drain the cucumber mixture and add to the vinegar mixture and bring almost to a boil. Remove from the heat and let cool.
5. Store in an airtight container for up to 3 weeks in the fridge. They will start to get that glorious pickled flavor after a few hours.

Pork Vindaloo

A popular Indian dish from the region of Goa. Derived from Portuguese roots, based on carne de vinha d'alhos, meaning "meat in garlic wine marinade." Pork is the most traditional meat used but chicken and lamb preparations are also common. Serves 6

- **3 lbs boneless boston butt, trimmed and cut into 1 ½ -inch cubes (or other shoulder pork roast)**
- **Salt, to taste**
- **Ground black pepper, to taste**
- **3 Tbsp olive oil**
- **3 medium onions, coarsely chopped**
- **8 garlic cloves, minced**
- **3 Tbsp all-purpose flour**
- **1 Tbsp paprika**
- **¾ tsp ground cumin**
- **½ tsp ground cardamom**
- **¼ tsp cayenne pepper**
- **¼ tsp ground cloves**
- **1½ cups chicken broth**
- **14½ oz canned diced tomatoes**
- **2 bay leaves**
- **1 tsp sugar**
- **2 Tbsp red wine vinegar**
- **1 Tbsp brown mustard seeds**
- **3 Tbsp cilantro leaves, minced**

1. Preheat oven to 300°F.
2. In a small bowl, combine flour, paprika, cumin, cardamom, cayenne, and cloves.
3. Season meat with salt and pepper.
4. In a large Dutch oven, heat 1 tablespoon oil over medium-high heat, until shimmering.
5. Add half the meat and brown for about 2 minutes, then turn and brown for an additional 5 minutes.
6. Transfer cooked meat to a bowl and repeat the process, adding another tablespoon of oil to the pan before browning the remaining meat.
7. After transferring all of the browned meat to the bowl, add a tablespoon of oil to the pan and swirl to coat.
8. Add onions and ¼ teaspoon salt.
9. Cook over medium heat scraping the bottom with a wooden spoon, for about 5 minutes, until the onions are soft.
10. Add the garlic and cook for an additional minute, until fragrant.
11. Add the flour mixture, stirring to coat, and cook for about 2 minutes more, scraping the bottom of the pan.
12. Slowly pour in the broth, continuing to scrape the bottom and sides of the pan.
13. Stir in the tomatoes, bay leaves, sugar, vinegar, and mustard seeds, and bring to a simmer.
14. Add the pork and juices and return the mixture to a simmer.
15. Making sure that the pork is fully submerged, cover and bake 2 hours.
16. After removing the pan from the oven, skim any fat from the surface.
17. Remove the bay leaves and stir in the cilantro.
18. Serve hot.