



The bite and aroma of the horseradish root are almost absent until it is grated or ground. During this process, as the root cells are crushed, volatile oils known as isothiocyanates are released. Vinegar stops this reaction, stabilizes the flavor and locks in the heat.

Horseradish

Tips for Using Horseradish

The Secret Ingredient

- ▶ **At breakfast**, add prepared horseradish to scrambled eggs, omelets and hash browns before cooking. Wake-up Eggs Benedict with a spoonful of horseradish added to hollandaise sauce or simply serve prepared horseradish straight out of the jar and on the side with sausage.
- ▶ **For lunch**, add prepared horseradish to mayonnaise or salad dressing for sandwiches or to French dressing for salads. Spike ready-made deli items such as coleslaw, baked beans and potato salad with a heaping spoonful of horseradish.
- ▶ **At dinner**, substitute prepared horseradish for butter and salt as a low calorie, non-fat vegetable topper. Add one (or two) spoonfuls to canned or homemade soups. Mash horseradish with potatoes or mix with low-fat sour cream for a quick baked potato topping.



Add a little
flavor
to your next meal!



Cedar Planked Salmon with Asian Flavors

1 untreated (about 17 x 10 x 1-inch) red cedar plank

½ cup low-sodium soy sauce
4 teaspoons prepared horseradish
3 teaspoons freshly grated ginger root
2 teaspoons Dijon mustard
3 teaspoons sesame oil
2 teaspoons sweet rice wine (mirin), available in ethnic section of market

4 6-ounce salmon fillets

Fill roasting pan with water. Add cedar plank; weigh down with small can or pot to keep submerged. Soak 4-6 hours. A baking sheet may be used if cedar plank is unavailable.

Combine soy sauce, horseradish, ginger root, Dijon mustard, sesame oil and sweet rice wine in baking dish. Add salmon. Turn to coat. Cover and marinate in refrigerator 4-6 hours.

Preheat oven to 350 degrees. If using cedar plank, heat in middle of oven 10 minutes. Place salmon on plank and bake 20-30 minutes until just cooked through.

Serves 4

For more information, and recipes that include horseradish, visit
www.horseradish.org
the most comprehensive resource for horseradish recipes anywhere!

**This brochure was produced by the
Horseradish Information Council**

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Varieties of prepared horseradish include cream style prepared horseradish, horseradish sauce, beet horseradish and dehydrated horseradish.



Classic Cocktail Sauce

- 1 jar (10 ounces) chili sauce
- 2-3 teaspoons prepared horseradish, to taste
- Juice of ½ lemon
- 1 teaspoon Worcestershire sauce

Combine all ingredients and refrigerate until ready to use. Serve with chilled, cooked shrimp.

Mix-ins – Add to the classic recipe for a fresh, new taste.

Southwest Cocktail Sauce

- Add – 1 teaspoon cumin
- Juice of ½ lime (omit lemon juice)
- 1 teaspoon chopped, fresh cilantro

This sauce goes great with tortilla chips or as a condiment for your favorite Mexican and Southwestern dishes.

Asian Cocktail Sauce

- Add – 1 teaspoon soy sauce
- ½ teaspoon sesame seeds
- 1 teaspoon grated fresh ginger root

An excellent choice for egg rolls or sushi.



Buffalo Cocktail Sauce

- Add – ½ teaspoon hot sauce
- ⅓ cup crumbled blue cheese
- Freshly ground black pepper

Try as a complement to your favorite chicken wing recipe.



Soft Chicken Tacos with Caramelized Onions, Peppers and Horseradish Sauce

- 2 large sweet onions, thinly sliced
- 2 tablespoons olive oil
- 1 red bell pepper, cored, seeded and thinly sliced
- 4 skinless, boneless chicken breasts
- 1 teaspoon cumin
- 1 teaspoon freshly ground black pepper
- 1 teaspoon olive oil
- 8 (8 inch) flour tortillas
- 2 cups baby spinach
- Salt to taste

SAUCE

- 1 cup sour cream or mayonnaise
- 1/3 cup finely chopped red onion
- 2 teaspoons lemon juice
- 4 teaspoons prepared horseradish

Heat 2 teaspoons olive oil in large non-stick skillet over high heat. Add onion and sauté 5 minutes. Reduce heat to med-low, cover and cook 15 minutes, stirring frequently. Add red pepper and continue cooking 5 minutes. Set aside.

Season chicken with cumin and pepper. Heat oil in nonstick grill pan or skillet over med-high heat. Cook 3-4 minutes on each side until lightly browned and juices run clear. Season with salt. Slice into ¼ inch strips.

While chicken is cooking, whisk sauce ingredients in medium bowl.

Place ¼ cup spinach over each tortilla. Divide chicken evenly, top with onions, peppers and horseradish sauce.

Serves 4 (serving size: 2 tacos)



Potato Salad with Horseradish and Cheddar



- 2 pounds small redskin potatoes
- 1 teaspoon salt
- ¾ cup sour cream
- ¼ cup mayonnaise
- 2 teaspoons prepared horseradish
- ½ cup sharp cheddar cheese, grated
- ½ cup thinly sliced scallions, plus more for garnish
- 4 slices bacon, cooked and crumbled (¼ cup meat-free bacon bits may be substituted)
- Salt & pepper to taste

In large pot, cover potatoes with water and add 1 teaspoon salt. Bring to a boil, reduce heat and simmer until potatoes are tender when pierced with a sharp knife, 12-15 minutes. Drain well. Cut potatoes into ¾ inch chunks.

While potatoes are cooking, whisk together sour cream, mayonnaise and horseradish. Season with salt and pepper. Add warm potatoes, cheddar, scallions and bacon, and gently fold to combine. Serve warm or cold.

Serves 4

One tablespoon of horseradish contains 0* calories and no fat.

*Review the label of your favorite prepared horseradish for nutrition information.