



Creamy Mustard Sauce

Servings: 8

Preparation Time: 20 minutes

5 minutes

Start to Finish Time: 25 minutes

DIFFICULTY: 1-5 - 2



Very versatile sauce with numerous uses.

Serving Ideas:

POULTRY:

- * Grilled or pan-seared chicken breasts
- * Roast turkey
- * Pork tenderloin or pork chops (one of the classic pairings)
- * Chicken Cordon Bleu
- * Stuffed chicken breasts

BEEF:

- * Beef & Sausage
- * Beef tenderloin
- * Steak medallions
- * Corned beef
- * Bratwurst or kielbasa
- * Meatloaf

SEAFOOD:

- * Salmon (especially baked or grilled)
- * Cod or halibut
- * Crab cakes
- * Shrimp
- * Scallops

VEGETABLES:

- * Steamed asparagus
- * Roasted Brussels sprouts
- * Green beans
- * Broccoli
- * Cauliflower
- * Baby potatoes
- * Roasted carrots

PASTA & GRAINS:

- * Egg noodles
- * Fettuccine
- * Gnocchi
- * Wild rice
- * Rice pilaf

SANDWICHES & WRAPS:

- * Sandwiches & Wraps
- * Roast beef sandwiches
- * Turkey sandwiches
- * Ham sandwiches
- * Grilled chicken wraps
- * Croque Monsieur

BREAKFAST:

- * Eggs Benedict variation
- * Omelets
- * Breakfast hash
- * Quiche
- * Savory crepes



2/3 cup mayonnaise (adjust to desired thickness)

1/4 cup dijon mustard

1/2 teaspoon onion powder

1/2 teaspoon sweet paprika, to taste

1 teaspoon lemon juice

1/4 teaspoon ground mustard seed

1/4 cup olive oil

1 teaspoon dried herbs (chives, parsley, dill, etc.)

2 tablespoons honey

Kosher salt to taste

black pepper to taste

In the bowl of a food processor or blender, combine mayo, Dijon mustard, onion powder, paprika, lemon juice, honey, and any optional herbs or spices.

With the machine running, slowly drizzle in the olive oil until the mixture emulsifies and becomes creamy. Scrape down the sides as needed.

Taste and adjust salt, pepper. Add more mayo if you prefer a thicker texture. Blend again briefly to fully incorporate.

STORAGE- Store in an airtight container or glass jar in the fridge for up to 7 days. Stir before using if it separates slightly.

TIP: Texture tip – For a thinner consistency, add more oil.

Per Serving (excluding unknown items): 130 Calories; 11g Fat (75.3% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 211mg Sodium; 6g Total Sugars; 0mcg Vitamin D; 7mg Calcium; trace Iron; 24mg Potassium; 12mg Phosphorus. Exchanges: .