

Horseradish, *Armoracia rusticana*

Tips for Using Horseradish:

- Thoroughly wash and dry roots and remove any blemishes or soft spots prior to peeling.
- Prepare by grating, chopping the roots by hand, or with a food processor/blender in a well-ventilated room. Add small amounts of cold water, enough to cover the blades of the blender or food processor. When roots reach desired consistency, add white vinegar or lemon juice. (2-3 tablespoons vinegar and ½ teaspoon salt for each cup of grated horseradish) Store in refrigerator.
- Add vinegar immediately for milder prepared horseradish.
- Only grate as much as needed for immediate use since it loses palatability and color over time.
- USDA recommends storing in the refrigerator or freezer to avoid food poisoning.
- Wrap loosely in a plastic bag with ventilation slits.
- For best flavor, add to a warm dish prior to serving since heat destroys the flavor.
- 4 teaspoons of prepared horseradish for every tablespoon of freshly grated horseradish.

Juliet's Cheese Log

8 oz. cream cheese

1 Tablespoon prepared horseradish

4-5 dried beef slices

¼ cup grated Parmesan cheese

cup chopped Spanish olives

In a medium bowl, thoroughly blend cream cheese, Parmesan cheese and horseradish. Gently stir in the chopped olives. Shape the mixture into a log. Roll the cheese log in the dried beef slices until the outside is covered. Wrap in waxed paper and aluminum foil and chill.

Serve thinly sliced on assorted crackers. Also makes a good filling for cream cheese sandwiches.

Joyce Brobst, HSA Pennsylvania Heartland Unit

Potato Salad with Horseradish

5 pounds red potatoes

2 cups sour cream

¼ cup sugar

3 Tablespoons chopped fresh parsley

2 cups mayonnaise

¼ cup wine vinegar

¼ cup freshly grated horseradish

2 Tablespoons fresh dill

Scrub potatoes and cut into bite-sized pieces. Boil in salted water until tender. Drain and toss with remaining ingredients while still warm, but not hot.

Lorraine Kiefer, HSA South Jersey Unit

Harvest Mashed Potatoes

4 large red potatoes (about 2 pounds)
2 medium sweet potatoes (about 1½ pounds)
¼ cup butter
½ cup milk
¼ cup sour cream
¼ cup freshly grated Parmesan cheese
1 Tablespoon horseradish
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon cinnamon
teaspoon freshly grated nutmeg

Peel potatoes and cut into 1-inch pieces. Cook until tender (about 15 minutes) in a large pan of boiling salted water. Drain and place in a large bowl.

Add all remaining ingredients. Mash with potato masher until smooth. These are not whipped potatoes – they will have a texture (lumpy) to them. If you prefer them whipped, add a little more milk and butter and whip with electric mixer. If you prefer a smoother texture, add a little more milk. Top with additional butter if desired.

Barbara Brouse, HSA Colonial Triangle of Virginia Unit

Horseradish Marinade for Steak

The flavor is unbelievably good, and the meat becomes very tender in the process.

1 cup olive oil
2 tablespoons prepared horseradish
1 tablespoon rosemary, dried
1 teaspoon Kosher salt
2 steaks

Mix ingredients in a plastic bag. Marinate two steaks overnight. Grill.

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Horseradish-Tomato Vinaigrette

½ tablespoon prepared horseradish
½ tablespoon honey
1 ounce vinegar, rice wine
4 ounces Roma tomatoes, peeled and seeded, fresh
¼ ounce tomato paste, canned
4 ounces olive oil
4 teaspoons tarragon, fresh
¼ teaspoon black peppercorns, fresh
1 teaspoon Dijon mustard

Combine horseradish, honey, vinegar, tomatoes, tomato paste, Dijon mustard and black peppercorns in a blender. Blend until smooth. While blender is running, add oil in a thin steady stream until well mixed and thick. Cover and leave at room temperature to serve.

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Do you have a recipe using horseradish to share?

Please send it to educator@herbsociety.org