

HORSERADISH RECIPES

Basic Horseradish Cream Sauce

Combine 1 cup sour cream with 1/4 cup fresh or preserved grated horseradish and season with salt and pepper.

Add 2 Tbsp minced fresh chives, 1 Tbsp Dijon mustard and 1/2 cup whipped cream (or low-fat plain yogurt).

Fresh Beet Horseradish

- 2 1/2 cups peeled and diced horseradish root
- 1/4 cup mild red wine vinegar
- 1/2 cup rice vinegar
- 2 small beets, cooked and peeled
- 1/2 tsp salt, or to taste
- 2-3 Tbsp sugar, or to taste

In a food processor, process horseradish and vinegars until horseradish is finely ground. Add beets, salt, and 2 tablespoons of sugar and process until combined. Add more sugar and salt, if needed.

Place in a glass jar and refrigerate.

This is especially good served with fresh yogurt over beet greens, chard or baked potatoes.

(More Recipes from a Kitchen Garden)

Butternut Squash Soup with Curried Horseradish Cream

- 1 butternut squash
- 1 cooking apple
- 2 Tbsp butter
- 1 onion, finely chopped
- 1-2 tsp curry powder
- 3 3/4 cups chicken or vegetable stock
- 1 tsp chopped fresh sage
- 2/3 cup apple juice
- salt and ground black pepper
- curry powder, to garnish

CURRIED HORSERADISH CREAM

- 4 Tbsp heavy cream
- 2 tsp horseradish sauce
- 1/2 tsp curry powder

Peel the squash, remove the seeds and chop the flesh. Peel, core and chop the apple. Heat the butter in a large saucepan. Add the onion and cook, stirring occasionally, for 5 minutes until soft. Stir in the curry powder.

Cook to bring out the flavor, stirring constantly, for 2 minutes. Add the stock, squash, apple and sage. Bring to a boil, lower the heat, cover and simmer for 20 minutes until the squash and apple are soft.

Meanwhile, make the horseradish cream. Whip the cream in a bowl until stiff, then stir in the horseradish sauce and curry powder. Cover and chill until required.

Puree the soup in a blender or food processor. Return to the clean pan and add the apple juice, with salt and pepper to taste. Reheat gently, without allowing the soup to boil.

Serve the soup in individual bowls, topping each portion with a spoonful of horseradish cream and a dusting of curry powder. Garnish with a few lime shreds, if you like.
(The Encyclopedia of Herbs and Spices)

Omelet with Cheese and Horseradish

- 4 eggs
- 1 Tbsp water
- salt and pepper to taste
- a little butter
- 1/2 cup grated cheddar cheese
- 1 tsp fresh horseradish, finely chopped or grated

Mix the eggs, water, salt and pepper.

Heat frying pan and add a touch of butter.

When fairly hot pour in the eggs. Sprinkle over the cheese and horseradish when the omelet is nearly cooked.

(Creative Cooking with Spices)