



## Honey Mustard Yogurt Dipping Sauce

By Erin Fletter

**Prep Time 5 / Cook Time / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- ☐ Small bowl
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk

### Ingredients

#### Honey Mustard Yogurt Dipping Sauce

- ☐ 1/2 C plain yogurt **\*\***(for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free plain yogurt)**\*\***
- ☐ 2 T deli mustard
- ☐ 3 T honey
- ☐ salt and ground black pepper to taste

### Food Allergen Substitutions

#### Honey Mustard Yogurt Dipping Sauce

**Dairy:** For 1/2 C plain yogurt, substitute 1/2 C dairy-free/nut-free plain yogurt.

# Instructions

## Honey Mustard Yogurt Dipping Sauce

measure + whisk + serve

In a small bowl, have your kids measure and whisk together **1/2 cup yogurt, 2 tablespoons deli mustard, 3 tablespoons honey**, and **salt and black pepper** to taste. Serve the dipping sauce with tasty fries or fritters, like our **Southern Sweet Potato Fritters!**

## Featured Ingredient: Mustard!

Hi! I'm Mustard!

"I'm a condiment, like ketchup and mayonnaise. I'm bright yellow to yellow-brown, and I'm made from the tiny mustard seed. You've probably seen me most often on hot dogs, hamburgers, and other sandwiches. I'm not as popular as ketchup, but some people love me best!"

Mustard is the name for the condiment, the plant, and the seeds it produces. The seeds are the condiment's main ingredient.

The taste and spiciness of the mustard depends on the type of seed used to prepare it and the amount and acid content of the liquid added to the seeds.

Mustard seeds were first ground into a yellow paste in China sometime during the Zhou dynasty (1046–256 BCE).

The Ancient Romans made a paste or glaze from ground mustard seeds mixed with grape must (unfermented grape juice). In Latin, this was called "mustum ardens" or "burning must." A Roman cookbook from the early 5th century CE or earlier has a mustard recipe using vinegar and other ingredients for glazing roasted boar.

In 10th century France, monks in Paris produced mustard. By the 13th century, Dijon, France, was the center of mustard-making. In 1866, Grey Poupon Dijon mustard using white wine was created. The company also introduced the first automatic machine for making mustard.

The word "mustard" is from Middle English, from the Anglo-French "mustarde," from the Latin "mustum ardens" ("burning must").

There are several varieties of mustard. The most common variety in the United States is classic yellow mustard, introduced in 1904 by George J. French at the World's Fair in St. Louis, where it was served on hot dogs. It was originally known as "cream salad mustard." Yellow mustard is made from less spicy yellow mustard seeds with more vinegar. Its bright yellow color is due to added turmeric. Yellow mustard is popular on hot dogs, hamburgers, and pretzels, as well as in barbecue sauces and potato salad.

Spicy brown mustard, or deli-style mustard, is made from spicier brown mustard seeds and includes some coarsely ground seeds to achieve a speckled appearance. Spicy brown mustard is used on hot dogs and deli sandwiches.

Dijon mustard was first created by Jean Naigeon in 1856 in Dijon, France, using "verjuice," the acidic juice of unripe grapes, instead of vinegar, with ground brown mustard seeds. Since Dijon mustard was created using white wine in 1866, white wine or wine vinegar has been used instead of verjuice. Dijon mustard may be used in vinaigrettes, marinades, sauces, glazes, deviled eggs, and as a base for breading meat or vegetables.

English mustard is made with a combination of yellow and brown mustard seeds. It is thicker and stronger in taste due to its low acid content. English mustard can also be a condiment and cooking ingredient, as with the other mustards.

Honey mustard is mustard sweetened with honey. It may be used on sandwiches, as a dip for fried chicken tenders, or in salad dressings.

Hot mustard is made of spicier black or brown mustard seeds, and the liquid added to the ground seeds is low in acid. Hot mustard is common in Chinese, Japanese, and Korean cuisine.

Mustard can be made quickly at home by mixing water and vinegar with ground mustard and salt and letting the mixture sit for a few minutes. Other ingredients like garlic and sugar can also be added. If you have more time, you can also soak mustard seeds in water and vinegar overnight and blend them to make a smooth or grainy mustard.