



The Etna Library's



Spice
of the
Month
Program

Spice for January, 2025:

Ground Mustard

Mustard is a condiment made from the seeds of a mustard plant (white/yellow mustard, *Sinapis alba*; brown mustard, *Brassica juncea*; or black mustard, *Brassica nigra*).

The English word "mustard" derives from the Anglo-Norman *mustarde* and Old French *mostarde*.

Evidence of mustard in the archaeological record is scarce since species in the Brassicaceae family do not accumulate silica and therefore do not produce phytoliths.

The earliest evidence of humans using mustard plants as food dates to the Pre-Pottery Neolithic site of Jerf el Ahmar in Syria. Here ground mustard seeds identified as belonging to the genus *Sinapis* were part of a "seed cake" that has been dated to between 9224 and 8753 BCE.

In the 10th century, the monks of Saint-Germain-des-Prés in Paris began their own production of mustard. The first appearance of mustard makers on the royal registers in Paris was in 1292.

- [https://wikipedia.org/wiki/Mustard_\(condiment\)](https://wikipedia.org/wiki/Mustard_(condiment))



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Cheese Dreams



Prep time: 30 minutes
Cook time: 10 minutes
Servings: 3 dozen

These Cheese Dreams are guaranteed to be one of the best easy appetizer recipes you've ever made. Make these cheesy bites the day before you plan to serve them, and refrigerate until ready to bake.

Ingredients:

- 2 cups finely grated sharp Cheddar cheese (freshly grated from a block)
- 1 cup unsalted butter, softened
- 2 Tbsp. heavy cream
- 1 large egg
- 1 tsp. Worcestershire sauce
- 1/2 tsp. table salt
- 1/2 tsp. ground mustard
- Ground red pepper or hot sauce to taste
- 1 (16-oz.) pkg. firm white sandwich bread slices (such as Pepperidge Farm White Sandwich Bread)

Directions:

1. **Prepare cheese mixture:** Preheat oven to 375°F. Beat cheese and butter at medium speed with an electric mixer until blended. Beat in heavy cream and next 5 ingredients.
2. **Prepare bread squares:** Cut crusts from white bread slices; cut each bread slice into 4 squares. Spread cheese mixture on half of bread squares (about 1 tsp. per square); top each with 1 remaining square. Spread remaining cheese mixture over top and sides of sandwiches. Place sandwiches, 1 inch apart, on a lightly greased baking sheet.
3. **Bake:** Bake at 375°F for 15 minutes or until golden brown.

Recipe Source:

<https://www.southernliving.com/recipes/cheese-dreams-recipe>