

We eat more  
**MUSTARD**  
today than  
ever before!

February 2010

As well as enhancing the flavour of many foods,

## **Mustard is Healthy!**

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Did you know that including MUSTARD in your diet helps with 'hard to digest' foods? MUSTARD oil reinforces the saliva, stomach and intestinal secretions thereby improving your digestion. "With every taste of MUSTARD the intestinal functions, blood circulation and the immune system are reinforced. Indeed, they are actually given a boost", says Robert Remy Owner of the Vancouver Mustard Co.

There are mainly three different varieties of the crops which are produced mainly in Canada... the Sinapis Alba – yellow seeds, the Brassica Juncea – brown seeds and the Sinapis Nigra-black seeds.

To develop the full flavour of MUSTARD, the crushed seeds are soaked in water overnight. Vinegar, salt, sugar and various spices are then added. The actual recipe? "Well, there are many MUSTARD recipes readily available in cook books, however, the exact combination of the 'secret blend' in our MUSTARDS is an old and cherished recipe secret not to be revealed", says Robert Remy with a smile.

Did you know that the word MUSTARD comes from the unfermented juices of grapes and other fruits called MUST which was added originally instead of vinegar?

"We have three different MUSTARD blends produced for the Canadian market... all using the freshest produce", says Remy. "They are all 100% natural with no preservatives added."

### **The Original Mustard**

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This medium-hot MUSTARD is very smooth with a subtle, rich flavour and satiny texture. This is classy, graceful mustard which will caress your palette. Perfect on a deli sandwich or with wieners.

### **The Hot Mustard**

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This MUSTARD is vibrant and full bodied, engaging your senses with an array of feisty and vivid flavours guaranteed to give your taste buds a full body workout...a saucy little number! Perfect with a Steak, with Charcuterie or to use in a sauce.

### **The Old Style Mustard**

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Do you like your MUSTARD traditional? Then this is the one...energetic and muscular, potent and appealing with a sturdy foundation giving this authentic MUSTARD old world taste. Perfect in a vinaigrette, or to use in a marinade.

Remy believes that this line of MUSTARDS is the best you'll ever taste and will become your brand of choice. Indeed, maybe even addictive...**mmm!**

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VANCOUVER  
MUSTARD CO INC.

## Recipe Suggestion

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# STEAK au POIVRE

Makes 4 servings

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“A typical French dish, with super-intense flavours. You can finish with fresh peppercorns if you prefer.

### Ingredients

1 1/2 pounds Beef Tenderloin,  
about 1 1/2 inch thick  
Salt  
4 teaspoons cracked black pepper, more or less  
4 tablespoons butter  
2 tablespoon Cognac  
1/4 cup Vancouver Co Hot Mustard  
1/2 cup heavy cream

### Step 1

Sprinkle the steaks with salt and press about a teaspoon of pepper into each side of the steaks. Put the butter into a 10- or 12-inch skillet and turn the heat to medium-high. When the butter melts, turn the heat to high and add the steaks. Cook until almost done, 3 to 4 minutes per side for rare. Turn off the heat and transfer the steaks to a warm platter in a low oven.

### Step 2

Add the Cognac to the pan, turn the heat to low, and stir, then add the mustard and cream. Bring to a boil, then reduce heat to low.

### Step 3

Add the steaks and any accumulated juices to the sauce, turn once or twice, and serve.

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**Vancouver Mustard is now available** at Capers & Whole Foods Markets, Choices Markets, Stong's Market, Oyama Sausage, and other fine food retailers across British Columbia. Vancouver Mustard Co is distributed by Dovre Import, contact [sales@dovreimport.com](mailto:sales@dovreimport.com)



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