

Recipes for Episode 3334

Mustard Caviar

Ingredients:

1/2 cup yellow mustard seeds
1/2 cup brown or black mustard seeds (or combo of these)
1/2 cup white wine
1/4 cup rye whiskey
1/2 cup apple cider vinegar
1/2 cup water
1 teaspoon salt

Instructions:

1. Soak the mustard seeds: Combine the mustard seeds with the white wine, rye whiskey, vinegar, and water in a glass bowl. Cover and let the mixture sit at room temperature for 2-3 days. The seeds will absorb most of the liquid and soften.
2. Season the mixture: After soaking, stir in the salt.
3. Store the mustard: Transfer the mustard to a clean jar with a tight-fitting lid. Store it in the refrigerator. The mustard will be very pungent at first, but it will mellow out after a few days.

This mustard should last for several months in the refrigerator. It's a great condiment for charcuterie boards, sandwiches, or as a unique topping for deviled eggs. Enjoy!

This recipe will give you a mustard with a complex flavor profile, combining the fruity notes of the wine with the deeper, spicier notes of the whiskey. As always, feel free to adjust the recipe to suit your personal taste.

If you don't feel the need to eliminate sugar just add 1-2 TBS it will be a bit better balanced. Just count the carbs if that matters to you. You can also use 1tsp -2 tbs of honey instead. Sugar is about 13 Grams to a TBS. So if you only added 2 tsp for some balance it would only be 4.3 carbs to the entire batch.

Jacks Salsa Macha

6 Ancho Chilis
6 Guajillo Chilis
6 Chile De Arbol

1/2 Cup of chopped pecans
1/4 Cup of pine nuts
2 heads garlic
3 TBS Sesame Seed
3 Cups Olive Oil
1 TBS ACV
1 tsp salt
1 tsp Mexican Oregano

1. Deseed and destem all the dry chilies, cut them into smallish pieces. Get the garlic broken down and peeled, basically get everything ready to go before proceeding.
2. Put the olive oil into a sauce pan, something with a thick bottom is best. Heat on medium low heat and add in your garlic, nuts and sesame seeds. Get them up to a very gentle fry and fry for about 10 minutes.
3. Kill the heat, stir in your salt and chili peppers, the residual heat will softly fry the peppers. Let it cool to room temp.
4. Place in a blender, add the ACV, pulse blend until the chilis are broken down to small but still chunky bits.

This recipe will yield about 1 full quart of salsa macha and an additional half pint or so of excess oil. You can now jar it in clean jars. You can either keep the excess oil over the salsa itself or pour most of it off to use as a chili garlic oil separately. This is what I do myself and I did formulate this recipe to give me the extra half pint of frying oil. In any event this will NOT fit into a single quart jar so plan accordingly.

If you are not fond of heat you can eliminate the De Arbor chiles with no real modification they are quite small and more for heat than volume, if you want to replace them add one more of either other chili. Note that while they have a LOT of heat, the heat dissipated into the entire recipe is quite mild in my opinion anyway.

Salted Egg Yolks

Ingredients

4 egg yolks
2 cups of sea salt

Instructions:

1. Prepare the salt: In a bowl, mix together the salt until well combined.
2. Prepare the egg yolks: Separate the egg yolks from the whites. Be careful not to break the yolks. (You can save the whites for another use.)

3. Cure the egg yolks: In a shallow dish, spread out half of the salt. Make four small wells in the salt and carefully place an egg yolk into each well. Gently sprinkle the rest of the salt over the yolks, making sure they are completely covered.

4. Refrigerate: Cover the dish and refrigerate for at least one week. The yolks should firm up and take on a bright orange color.

5. Rinse and dry: After curing, remove the yolks from the salt and gently rinse them under cold water. Pat them dry with a paper towel.

For Oven Drying:

1. Preheat your oven: Set your oven to its lowest setting, usually around 150-200°F (65-95°C).

2. Bake the yolks: Place the yolks on a wire rack set over a baking sheet. Put them in the oven and bake for about 1-2 hours, or until they reach your desired texture. The yolks should be firm but not hard, and they should still have a little give when you press them.

For Food Dehydrator Drying:

1. Set up your food dehydrator: Arrange the egg yolks on the trays of your food dehydrator, making sure they're not touching.

2. Dehydrate the yolks: Set your food dehydrator to its lowest setting (usually around 95-105°F or 35-40°C) and dehydrate the yolks for about 8-12 hours, or until they reach your desired texture. The yolks should be firm but not hard.

To Store: Cool and store the yolks: Whether you used the oven or the food dehydrator, let the yolks cool completely after drying. You can then store them in an airtight container in the refrigerator for up to a month.

Drying the yolks gives them a unique, umami-rich flavor and a texture similar to hard cheese. You can grate the dried yolks over pasta, salads, or other dishes for a delicious, savory boost.

Rosemary Salt (with Sage and Garlic)

Ingredients

1 cup kosher salt

14 sprigs of rosemary stripped

8 sprigs sage stripped

3-5 cloves of garlic (3 if they are big and 5 if small)

1/2 lemon zested

Instructions: Put all ingredients into a food process and process until fully incorporated. Lay out the salt in a thin layer on a baking pan or similar. Allow to dry for a few hours, then put into an air tight container when fully dry. If any clumping becomes an issue just reprocess in the food processor.