



Mustard Sauce! Use this in place of mustard and mayo...oh-Mama, it is mm-mm-good!



Ingredient List For Basic Mustard Sauce:

Red wine vinegar; Garlic powder; Italian seasoning herb blend; Honey (optional); Brown mustard; Kreta Reserve Olive Oil

Preparation Instructions for one serving:

1. In a small jar or mixing bowl, place 2 teaspoons of red wine vinegar, 1/2 teaspoon of garlic powder, and 1 teaspoon of Italian herb blend. Mix until garlic powder is wet and evenly dispersed in the solution.
2. Add another 2 teaspoons of vinegar if you need an extra zing to the sauce.
3. Add a tablespoon of brown mustard. Mix until the consistency is smooth and not too fluid (it should pour slowly like a salad dressing).
4. Add a tablespoon of Kreta Reserve olive oil. Mix until the oil is emulsified with the mustard. Once that oil has been mixed and the sauce is smooth, add one more



teaspoon of Kreta Reserve olive oil and repeat. The mustard sauce should be a smooth mixture with no streaks of oil floating to the surface. You can do this with a mini-whisk in a small bowl, or use a small jar with a lid and shake the ingredients into submission. Personally, I like the jar method...I use a recycled small glass jar. The lid doesn't leak and it seems to be the right size for shaking with one hand or two.

5. Once complete, set aside, but do not refrigerate unless you are making this well in advance of use. If you are making this in advance, you must refrigerate the mustard sauce to store it because of the herbs. When you are ready to use it, let the mustard sauce warm up a little as it makes it easier to spread.
6. For a variation, you can add a teaspoon of honey to this basic recipe for mustard sauce to make a sweet style honey-mustard sauce. It can be used as a rub for grilled meats and fish.

Here is a close-up image of the final production:



For multiple servings, multiply recipe by that factor.