

Mustard Blaster Salad Dressing

Using a mortar and pestle, juice blender, or coffee grinder, grind 1 ounce of mustard seed (pure, mixed white, black, or garlic mustard), then add enough vinegar to keep it nearly liquid. Add a dash of ground horseradish and/or wasabi, followed by 5 to 10 drops of lemon juice. For texture and taste, add enough cornmeal to thicken the mixture. If you would like to increase the medicinal qualities of the dressing (but possibly lose the taste), add a dash of thyme and/or some finely chopped garlic. (Be aware that these ingredients can pack a wallop, causing a burning sensation in your mouth; you can turn down the heat by adding more cornmeal.)



Recipe by James A. Duke

This recipe is from James A. Duke's book, *The Green Pharmacy Guide to Healing Foods* available at <http://www.christopherpublications.com>