



# **Gourmet Mustards: The How-Tos of Making & Cooking with Mustards (Creative Cooking Series)**

*Helene Sawyer, Cheryl Long*

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Gourmet Mustards is a classic favorite for making and cooking with mustards. Now in its 9th printing, it has been redesigned, revised and expanded to include 27 new recipes, more rubs, butters, sauces, vegetable and salad recipes.

With a diet-conscious emphasis: Lo-Cal indicators and counts for calories, protein, fat, cholesterol and sodium for Lo-Cal recipes. Clear and easy instructions -- no special equipment needed.

Try the new: Creole Remoulade Sauce, Hot Stuffed Artichokes and Parmesan Dressing. Plus old favorites like Champagne Mustard, Sesame Broccoli and Curry Mustard Fish Fillets.

Perfect for gift-giving, especially now when people are seeking even more meaningful ways to say they care. Make a decorated basket featuring a jar of special mustard, favorite recipe, copy of the book, quality ingredients and related touches -- a truly heartfelt gift from the kitchen.

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