



Zion Farmers Market KidCraft

Horsey Sauce



Here's a simply recipe to make a tangy condiment for hot dogs, burgers and sandwiches. Tangy, but not overpowering for little taste buds – it will give them a taste of what horseradish can do when added to a dish.

Supplies

- 4 Tbsp. Miracle Whip
- 4 Tbsp. Ketchup
- 4 Tbsp. Horseradish
- 1 Tsp. Worcestershire steak sauce
- 1 Dash of lemon juice

Instructions

Use a medium size bowl. Mix them together, taste to make sure it's to your liking if it isn't add a little more or a little less.

Horseradish Facts for Kids

Horseradish is the ugly brother of the crowd favorite condiment triumvirate (ketchup, mustard, and mayo). It has been around for thousands of years.

Horseradish is the root of the *Armoracia rusticana* plant. Its cousins are wasabi, mustard, broccoli and cabbage.

When the root is peeled and grated, it releases a chemical similar to mustard oil. This creates a unique aroma that is both mildly irritating to the nasal passageways and bitterly pleasant.

Grated horseradish must immediately be mixed with vinegar or else it darkens and becomes a bitter mush.

The horseradish vinegar mix, and variations on these two main ingredients, are used as a condiment for meat and fish, in sandwiches, and also in some cocktails.

Nutritionally, horseradish is a good source of various vitamins and minerals, but since it is consumed in such small quantities (teaspoon or tablespoon max), they barely register. No calorie worries either.

The origin of the name "Horseradish" is unverified. One of the stories is that in order to soften up the roots before grating them, horses would stamp them.

In Eastern Europe, prepared horseradish is called *Chrayn*, and is usually prepared with beets and some sugar to balance the heat.

Southwestern Illinois grows 85% of the world's horseradish !

Fun Facts and Trivia

Did you know . . .

- Horseradish is still planted and harvested mostly by hand?
- Sales of bottled horseradish began in 1860, making it one of the first convenience foods?
- In the American South, horseradish was rubbed on the forehead to relieve headaches?
- Horseradish is added to some pickles to add firmness and "nip".
- Before being named "horseradish," the plant was known as "redcole" in England and as "stingnose" in some parts of the U.S.?
- Horseradish has only 2 calories a teaspoon, is low in sodium and provides dietary fiber? Typically it is also *trans* fat-free
- Researchers at M.I.T. claim that the enzyme "horseradish peroxidase" removes a number of pollutants from waste water?
- The most widely recognized horseradish fan in the world may be *Dagwood Bumstead*, who consumed it regularly in the popular comic strip, "Blondie," by Dean Young and Stan Drake?
- Germans still brew horseradish schnapps . . . Some also add it to their beer?
- Al Weider earned a place in the Guinness Book of World Records by tossing a horseradish root 80.5 feet to win the event.