

Garlic-Mustard Glaze

From Bobby Flay to Smitten Kitchen (blog), then to The Way the Cookie Crumbles (blog)



A thick glaze to use on beef, pork or chicken

- 1/4 cup grainy mustard
- 2 tablespoons Dijon mustard
- 4 cloves garlic, crushed
- 2 tablespoons white wine vinegar
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon fresh rosemary, finely minced
- 2 teaspoons Spanish paprika (a smoky variety)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

The original Bobby Flay recipe does not contain rosemary. Use this glaze on meats that require a short grilling time.

1. Combine all the ingredients in a small bowl and whisk until thoroughly combined.
2. Use half the glaze to marinate meat. If time permits allow glaze to sit on the meat for 30 minutes or so. Use the other half of the glaze for brushing on the meat during grilling.

Per Serving (excluding unknown items): 48 Calories; 2g Fat (27.0% calories from fat); 2g Protein; 9g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 684mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fat; 1/2 Other Carbohydrates.