

## HORSERADISH



### *Armoracia rusticana*

[ar-mor-AY-shee-uh rus-tik-AH-nuh]

(previously *Cochlearia armoracia*) and *A lapathifolia*

**Family:** Cruciferae

**Names:** Great Raifort, Horse Plant, Mountain Radish, Red cole; Cranson de Bretagne, Cran, moutarde des Allemands, raifort (French); Kren, Meerrettish, Meerrettich (German); rafano, barbaforte, cren (Italian); taramago, rábano picante, rábano rusticano, cochlearia (Spanish); Peberrod (Danish); Mierikswortel, Mierik, Boereradijs, Meredik, Kreno (Dutch); Aed-mädaroiigas, Mädaroiigas (Estonian); Piparjuuri (Finnish); Meacan-each (Gaelic); Torma, Közönséges torma (Hungarian); Piparrót (Icelandic); Pepperrot (Norwegian); Chrzan pospolity, Chrzan zwyczajny (Polish); Raiz-forte, armorácio (Portuguese); Hrean

(Romanian); Khrjen, khren (Russian); Mronge (Swahili); Pepparrot, skörbjuggsört (Swedish); lagen (Chinese); seijô wasabi (Japanese); fuji har (Arabic)

**Description:** Native of the muddy swamplands of southern Europe and western Asia and was introduced to the rest of Europe in the 13<sup>th</sup> century. Brought over to North America and has since become naturalized. A perennial hardy to -20F. Strap-like leaves 1-2 feet long with 2- to 3-foot spikes of tiny white edible flowers. It is a cylindrical white root with a yellowish brown skin, on average about 1 ft long and  $\frac{3}{4}$  in diameter. It is slightly gnarled or ringed, often with small fibrous roots growing from the main root, especially in semi-wild horseradish. In cultivated varieties the root is unbranched and fairly straight. The best fresh roots are thick and well grown; thin and insubstantial roots, apart from being hard to use, are inferior in pungency. Growth can be invasive. It is a member of the same family as mustard and cress and is rich in sulfur. When intact, the root has little aroma. On being scraped or broken, it exudes a penetrating smell, similar to watercress, and is apt to irritate the nostrils, making the eyes water even more than onions do.

**Cultivation:** Full sun. Keep evenly moist and fertilize regularly. Start from transplants or division. Space 10-15 inches in loose rich soil at least 18 inches deep with a pH of 6-8. Grow alone in a 14- to 16- inch container. Overwinter outdoors in a protected location. Use young leaves or flowers when available. Harvest roots in late fall when 1-2 years old. Scrub and dry and can be packed in dry sand set in a cool, dark place. The ideal method for home use is to dig up a root when needed, storing it for no more than a week in the

refrigerator. Or you can dig up a large number of roots at once and freeze them or grate them and cover with vinegar. To freeze, scrub, then lightly scrape away the outer skin, cut in half, and remove the center core. Wrap thoroughly and freeze, using within 6 months. To preserve, prepare as for freezing, but then mince in a food processor. Pack the grated horseradish tightly in 1 cup jars, then cover with vinegar. Cap the jars and refrigerate for up to 6 months.

Horseradish aids fruit trees in the orchard and helps prevent brown rot on apple trees. In the vegetable garden, if kept restricted to the corners of the potato bed, it will assist potatoes to be more healthy and resistant to disease. Every two years it is advisable to pull the whole plant out, keeping the long main roots for replanting. Smooth-leaved cultivars such as “Sass” have produced an average of 4.81 tons of fresh root per acre.

**History:** The ancient name of Britain was *Armorica*, from which the generic name of this species is derived; the specific name underlines that the plant was grown mainly in the country. Another thought is that the name is an apparent corruption of the German “*meerrettich*” (sea radish). “Meer” is derived from *mahre* (an old mare), referring to the tough roots. Horseradish has been known and valued by various groups of the peoples through the ages. It is thought to have originated in Eastern Europe and has become part of the diet of many people. It was a favorite condiment with vinegar among the country folk in rustic Germany. Its reputation spread to England and France, where it became known as *moutarde des Allemands*. The French still eat horseradish, slicing the whole root at the table and salting it. It is one of the herbs used by the Jewish people at the time of the Passover. During the Middle Ages it was known as ‘scurvy grass’.

The plant has been known in cultivation for about two thousand years. Henry J. Heinz is believed to have been the first to develop a commercial horseradish product in 1944.

**Chemical Constituents:** Contains the glucoside sinigrin and the enzyme myrosin, which react with water to form a volatile oil containing allyl-isothiocyanate and two other isothiocyanates (phenylethyl isothiocyanate). The root also contains a bitter resin, sugar, starch, gum, albumin and acetates. Also present in raw horseradish are protein 3%, fat 0.3%, carbohydrate 20%, calcium, phosphorus, potassium, other sulphurous compounds and vitamins B C. There are 87 calories per 100g.

**Properties:** stimulant, diuretic, diaphoretic, rubefacient, antibiotic, carminative, expectorant, laxative (mild), and antiseptic.

**Medicinal Uses:** Horseradish has long been known as a stimulant for many parts of the circulatory system, while having antiseptic qualities too. When taken with rich food it assists digestion and when a little horseradish is taken regularly it will build up resistance to coughs and colds. In dropsy, it benefits the system by correcting imbalances in the digestive organs. In a more concentrated form, it is able to reduce catarrhal and bronchial complaints. Horseradish taken inwardly also relieves sinus pain and is said to help reduce blood pressure. As a poultice it’s used for rheumatism, chest complaints and circulation problems. Infused in wine it becomes a general stimulant and causes perspiration. It is believed to be a good vermifuge for children. It is richer in vitamin C than orange or lemon. The volatiles in horseradish have been shown to be antimicrobial against some organisms. Horseradish derivatives may be useful to replace current microbial treatments that remove toxic pollutants from water and make them insoluble. Syrup of horseradish is made by steeping a tablespoon of grated horseradish root in a cup of boiling water and covering it for two hours. The horseradish is then strained out and either sugar or honey is added. Heat until a thick syrupy consistency is achieved. Bottle for use. A peroxidase enzyme extracted from the root has novel commercial applications as an oxidizer in chemical tests to

evaluate blood glucose, and a molecular probe in studies on rheumatoid arthritis.

**Energetics:** spicy, hot

**Meridians/Organs affected:** lungs, colon kidney

Typical Daily usage: Fresh root: 1-2 tablespoon; dried root 1.5-3 gm; extract 2gm dried root, 10 ml alcohol, 10 ml water

For rheumatism take 3-4 Tbsp of horseradish daily with apple cider vinegar and honey

For colitis caused by putrefaction, take 15-20 drops of horseradish juice between meals

To decongest the sinuses chew one teaspoon of grated horseradish root that has been mixed with a Tbsp of apple cider vinegar until all the flavor is gone.

For asthma: add several tablespoons of freshly grated horseradish to 1 cup milk. Simmer for 10 minutes and strain. Drink as necessary to obtain relief

Arthritis liniment: Put 1 cup each of melted paraffin and grated horseradish in the blender. Blend until liquefied. Rub the affected joint with the mixture and wrap loosely with a flannel cloth. Leave on overnight. Rinse off the next morning. Repeat until swelling is gone. The horseradish liniment should be stored in a tightly closed container at room temperature.

### **Horseradish-Honey-Garlic Tea**

1 1-inch piece fresh horseradish, peeled and grated (1/4 cup)

1/4 cup honey

2 garlic cloves, smashed, peeled and coarsely chopped

juice of 1 lemon

Put 4 cups water on to boil. In a blender, combine the horseradish, honey, garlic and 2 Tbsp water. Process until smooth, stopping once or twice to scrape down the sides of the blender. Scrape the puree into a bowl, and pour in the boiling water. Let it steep for 5 minutes. Strain into a teapot, and stir in the lemon juice. Drink hot, inhaling the steam deeply. (Tonics)

**Caution:** Use medicinally with care, as the roots may cause internal inflammation, affect the thyroid gland or, used externally, produce blisters. Also contraindication with inflammation of the gastric mucosa and with kidney disorders; not to be used by children under 4 years old. These concerns are based upon therapeutic use and may not be relevant to its consumption as a spice.

### **Aromatherapy:**

**EXTRACTION:** Essential oil by water and steam distillation from broken roots that have been soaked in water

**CHARACTERISTICS:** A colorless or pale yellow mobile liquid with a sharp, potent odor and having a tear-producing effect

**USES:** used mainly in minute amounts in seasonings, ready-made salads, condiments and canned products

**Cosmetic Uses:** Some herbalists use horseradish root in conjunction with other herbs to relieve eczema. It is also used with yoghurt or milk to be dabbed on the skin to fade freckles. For an effective skin refresher, infuse some of the sliced root in milk and pat the milk on the skin.

### **HORSERADISH LEMON LOTION**

Steep 1 tsp grated horseradish in juice of 2 lemons and allow it to infuse for 48 hours, in a warm room. Bottle, and apply to the freckles, using a cotton ball.

### **CLEANSING LOTION**

Lift and clean the roots, then slice them into a saucepan and to every 1 lb add .5 litre of milk and simmer for an hour over a low flame. Strain and bottle and apply as a lotion to the face and forehead. Keep any surplus in the refrigerator. Clears the skin of blackheads and pimples.

**Culinary Uses:** Horseradish has an acrid quality reminiscent of mustard and counterpoints fresh and smoked fish, tongue, sausages, chicken, eggs, asparagus, avocado, beets, carrots, potatoes, turnips and coleslaw. Freshly grated root is mixed with vinegar,

mayonnaise, cream sour cream, butter or yogurt to serve with foods. It has a particular affinity with apple, beetroot and dill. Cooking destroys the pungency, as does sitting around in a refrigerator after grating unless covered with vinegar. The young tender leaves can be added to mixed green salads, and the root is a rich source of vitamin C and has antibiotic qualities. Dried horseradish root in the form of small grains or flakes is now available. These swell and reconstitute in liquid, giving a good texture. Powdered horseradish root is not recommended as it is weaker in flavor and has no texture.

To make a basic horseradish cream sauce: combine 1 cup sour cream with ¼ cup fresh or preserved grated horseradish and season with salt and pepper. Adding 2 Tbsp minced fresh chives, 1 Tbsp Dijon mustard and ½ cup whipped cream (or low-fat plain yogurt).

#### **RECIPES:**

##### **Horseradish-Tomato-Orange Salsa**

½ lb ripe tomatoes, peeled, and seeded, then chopped (1 cup)  
¼ cup thinly sliced scallions, both white and green parts  
2 Tbsp grated horseradish  
2 Tbsp champagne or white wine vinegar  
¼ cup fresh orange juice  
1 Tbsp grated orange zest  
1 tsp sweet Hungarian paprika  
¼ tsp hot red pepper sauce

Combine all the ingredients in a bowl and let stand for 30 minutes before serving to allow flavors to blend. (Recipes from an American Herb Garden)

##### **Bacon Horseradish Dip**

3 8-oz packages cream cheese at room temperature and cut into small pieces  
12 oz cheddar cheese, shredded  
3 cloves garlic, finely chopped  
1 scallion (spring onion), green and white parts, chopped  
1 cup half-and-half or heavy cream  
3 Tbs prepared horseradish  
1 Tbs Worcestershire sauce

Salt and freshly ground pepper to taste

12 slices bacon fried crisp, drained, and crumbled

Combine all the ingredients except the bacon in a slow cooker or oven-proof covered baking dish. Cook covered on high heat or in a preheated 300F oven for 2 to 2½ hours, stirring once halfway through cooking. Stir in the bacon and serve with thinly sliced French bread, corn chips, pita wedges, or crackers. Serves 16 to 20.

##### **Tequila Maria**

½ tsp freshly grated horseradish or 2 tsp horseradish

generous pinch of freshly ground black pepper

generous pinch of celery salt

¾ cup tomato juice

¼ cup tequila

dash of Worcestershire sauce

dash of Tabasco sauce

juice of 1 lime

pinch of dried oregano

a few ice cubes

plenty of crushed ice

2 lime slices, to decorate

Mix all the ingredients in a large jug. Add a few ice cubes and mix again. Taste for seasoning. Half fill two glasses with crushed ice. Pour in the tequila Maria and serve, decorated with lime slices. (The Encyclopedia of Herbs and Spices)

##### **Scalloped Potatoes with Horseradish**

2 lb potatoes, waxy new ones are good for this

1 small onion, thinly sliced

2 Tbsp seasoned flour

2-3 Tbsp freshly grated horseradish

1 cup single (light) cream

2 Tbsp butter

Scrub the potatoes---there is no need to peel them unless they are really old—and cut into 1/6” slices. Cover the bottom of a well-greased gratin dish or small roasting pan with a layer of potato slices and a few pieces of onion and sprinkle with a little flour and horseradish. Repeat the layers until all the ingredients have been used, ending up with a layer of potatoes. Pour over the cream, dot with butter and bake

in a preheated oven until the potatoes are tender, about 35-45 minutes, depending on thickness. Serve hot or warm with roast or grilled meat, particularly lamb. (The Hot and Spicy Cookbook)

### **Fresh Apple and Horseradish Sauce**

1 sharp green dessert apple  
1 tsp lemon juice  
¼ pint chilled cream, whipping or heavy  
1 ½ Tbsp freshly grated horseradish

Quarter and core the apple and grate it, without peeling it. Sprinkle it with lemon juice to prevent discoloration. Whip the cream to soft peaks and slightly stir in the grated apple and horseradish. Serve immediately. (The Hot and Spicy Cookbook)

### **Shellfish Dip**

1 cup prepared mayonnaise  
½ cup cottage cheese  
1 medium onion, peeled and finely chopped  
3 Tbsp freshly grated horseradish  
salt and freshly ground pepper  
1/8 tsp paprika  
½ apple, peeled and grated  
1 tsp lemon juice  
1 Tbsp butter or margarine  
1 Tbsp soft breadcrumbs  
1 Tbsp chopped parsley  
¼ tsp marjoram  
¼ tsp basil  
¼ tsp thyme  
2 Tbsp chervil  
½ tsp rosemary  
½ tsp winter savory  
1 tsp tarragon

Melt butter and saute onion and horseradish. Add breadcrumbs and fry until golden. Remove from heat and cool. Add seasonings, mixed herbs, apple and lemon juice. Mix very well with cheese and mayonnaise. Chill prior to serving. (Herbs for the Home and Garden)

### **Melrose Mix**

3 Tbsp dried oregano  
2 Tbsp dried sage  
1 Tbsp dried savory

1 Tbsp dried horseradish leaves  
½ Tbsp dried heal-all flowers  
1 tsp dried chive flowers  
½ tsp dried Russian tarragon  
½ tsp dried opal basil  
½ tsp dried lavender

Mix ingredients to blend and store in airtight container. Excellent in rice dishes, long-cooking dishes such as soups and stews, and in casseroles (Herb Mixtures & Spicy Blends)

### **Fresh Beet Horseradish**

2 ½ cups peeled and diced horseradish root  
¼ cup mild red wine vinegar  
½ cup rice vinegar  
2 small beets, cooked and peeled  
½ tsp salt, or to taste  
2-3 Tbsp sugar, or to taste

In a food processor, process horseradish and vinegars until horseradish is finely ground. Add beets, salt, and 2 tablespoons of sugar and process until combined. Add more sugar and salt, if needed. Place in a glass jar and refrigerate. This is especially good served with fresh yogurt over beet greens, chard or baked potatoes. (More Recipes from a Kitchen Garden)

### **Hot Beetroot with Horseradish Cream**

1 lb small beetroot  
1 tsp vinegar  
2 Tbsp butter, melted  
salt and freshly milled pepper  
1-2 Tbsp freshly grated horseradish  
2/3 cup soured cream  
¼ tsp finely grated zest of lemon  
squeeze of lemon juice

1 Tbsp finely chopped chives or parsley  
Wash the beetroot under cold running water, taking care not to scratch the skin; leave the roots intact. Cover with cold water, add the vinegar and bring to the boil. Place the lid on the pan and cook gently on the top of the stove, or in an oven preheated to 350F for 30-40 minutes or until tender. Remove from the heat, drain and peel. Transfer the beetroot to a hot serving dish and pour over the melted butter. Season with salt and pepper and keep hot. Mix

the horseradish with the soured cream. Stir in the zest of lemon and add lemon juice to taste. Spoon over the beetroot and sprinkle the chives or parsley on top. (The Gourmet Garden)

### **Horseradish Relish Molds**

1 package lemon-flavored gelatin  
¾ tsp salt  
1 Tbsp tarragon vinegar  
¼ cup horseradish  
dash of white pepper  
1 cup sour cream  
1 tsp onion, finely grated

Add salt to boiling water, dissolve gelatin. Add vinegar and pepper. Chill until slightly thickened. Combine sour cream, onion and horseradish with gelatin mixture. Mix well and pour into individual molds. Chill until firm. Unmold. (Savory Favorites Sage Advice)

### **Butternut Squash Soup with Curried Horseradish Cream**

1 butternut squash  
1 cooking apple  
2 Tbsp butter  
1 onion, finely chopped  
1-2 tsp curry powder  
3 ¾ cups chicken or vegetable stock  
1 tsp chopped fresh sage  
2/3 cup apple juice  
salt and ground black pepper  
curry powder, to garnish

#### **CURRIED HORSERADISH CREAM**

4 Tbsp heavy cream  
2 tsp horseradish sauce  
½ tsp curry powder

Peel the squash, remove the seeds and chop the flesh. Peel, core and chop the apple. Heat the butter in a large saucepan. Add the onion and cook, stirring occasionally, for 5 minutes until soft. Stir in the curry powder. Cook to bring out the flavor, stirring constantly, for 2 minutes. Add the stock, squash, apple and sage. Bring to a boil, lower the heat, cover and simmer for 20 minutes until the squash and apple are soft. Meanwhile, make the horseradish cream. Whip the cream in a bowl until stiff, then stir in the horseradish sauce and curry powder. Cover and chill until required.

Puree the soup in a blender or food processor. Return to the clean pan and add the apple juice, with salt and pepper to taste. Reheat gently, without allowing the soup to boil. Serve the soup in individual bowls, topping each portion with a spoonful of horseradish cream and a dusting of curry powder. Garnish with a few lime shreds, if you like. (The Encyclopedia of Herbs and Spices)

### **Horseradish Sauce**

1 cup white sauce  
pinch mustard powder  
pinch salt  
pinch sugar  
2 tsp lemon juice  
1 Tbsp cream  
2 Tbsp freshly grated horseradish or  
1 Tbsp dried horseradish grains

#### **White Sauce:**

3 Tbsp butter  
3 Tbsp all-purpose flour  
3 cups milk  
salt and freshly ground pepper

Make sauce by melting butter in a saucepan, blending in all-purpose flour, adding milk and salt and pepper to taste. Stir until thickened. Add remaining ingredients to sauce and mix thoroughly. If using dried horseradish, leave sauce for 1 hour before serving. (What Herb is That?)

### **Horseradish and Sesame Dip**

1 cup ricotta cheese  
½ cup toasted sesame seeds, ground  
1 Tbsp finely chopped parsley  
1 Tbsp finely chopped chives  
1 tsp finely chopped coriander leaves  
1 Tbsp finely chopped onion  
1 tsp lemon juice  
1 Tbsp brewer's yeast flakes  
1 Tbsp plain yoghurt  
finely grated horseradish, to taste

Mix all the ingredients together, adjusting quantities to taste. Serve with crackers or vegetable sticks. (Complete Book of Herbs)

### **Beef, Celeriac and Horseradish Pate**

1 lb topside of beef, cubed  
1 ½ cups red wine  
1/3 cup Madeira  
1 cup home-made or canned beef or chicken stock  
2 Tbsp finely chopped celeriac  
1 Tbsp horseradish cream  
salt and pepper  
2 bay leaves  
2 Tbsp brandy  
¾ cup butter, melted

Preheat the oven to 250F. Place the beef in an ovenproof casserole. Mix all the other ingredients together except the brandy and butter, and pour them over the beef. Cover tightly and cook for 2 hours. Remove and drain. Strain the liquid and reduce to about 3 Tbsp. Slice and roughly chop the meat and put it with the reduced liquid in the food processor. Blend in bursts until fairly smooth. Add the brandy and a third of the butter. Turn into a pate dish and leave to cool. Melt the remaining butter, skim any foam off the top and pour over the top of the beef, leaving any residue at the bottom of the pan. Cover the pate and refrigerate overnight. (The Complete Book of Herbs)

### **Horseradish and Potato Salad**

4-6 large potatoes  
2 Tbsp grated horseradish  
2 Tbsp finely chopped parsley  
salt and pepper to taste  
1 cup yogurt

Boil the potatoes until tender, let them cool, then cube them. Mix the horseradish, parsley, and seasonings, and stir them into the yogurt. Add the potato cubes and mix gently. (Wild Foods)

### **Sea Bass Baked in Swiss Chard with Tarragon, Yogurt, and Horseradish**

4 sea bass  
whole wheat flour, for dredging  
1/8 tsp black pepper  
1 Tbsp Oriental sesame oil  
4 large Swiss chard leaves, stems removed

4 sprigs of fresh tarragon, dill or thyme or 4 large basil leaves  
2 thin scallions, sliced diagonally into ½ inch slices  
1 Tbsp lemon juice  
¼ cup plain yogurt  
1 Tbsp prepared horseradish, drained, or grated fresh horseradish, or less to taste  
4 lemon wedges (optional)  
paprika (optional)

Dredge fish lightly in a mixture of flour and pepper. Heat sesame oil in a large heavy skillet. Add fish, and quickly saute for 1 minute on each side. Place Swiss chard leaves on a flat surface and, using a wide spatula, place each fillet on a leaf. Place 1 sprig of tarragon, dill or thyme or 1 basil leaf over each fillet. Add a sprinkling of scallions and lemon juice. Wrap fish tightly with Swiss chard, and carefully transfer to a lightly oiled baking dish large enough to accommodate them in a single layer. Cover, and bake for 10-15 minutes, depending upon the thickness of the fish.

While fish is baking, mix together yogurt and horseradish in a cup. When fillets are ready, spoon mixture over the center of the fish rolls. Garnish with lemon wedges dipped in paprika for color if you wish. (The Herb & Spice Cookbook—A Seasoning Celebration)

### **Shrimp with Lovage and Horseradish Mustard Sauce**

10 small sprigs fresh parsley  
2 Tbsp fresh lovage leaves  
1 scallion, cut into pieces  
½ tsp fresh tarragon leaves  
1 Tbsp tarragon vinegar  
2 Tbsp olive oil  
1 Tbsp French-style mustard  
1 heaping tsp horseradish  
1/8 tsp lemon pepper or freshly ground black pepper  
¾ lb shrimp, cooked, peeled and deveined  
lettuce leaves  
cucumber slices

Combine all the ingredients in a blender except shrimp, lettuce, and cucumbers, and process until well blended. There should be about ½ cup of sauce. Toss sauce with shrimp

and put into a covered nonmetallic bowl to marinate overnight. When ready to serve, arrange lettuce leaves and cucumber slices attractively on a serving platter, and spoon shrimp into center. (The Herb & Spice Cookbook—A Seasoning Celebration)

### **Raw Carrot and Horseradish Salad**

½ lb grated carrots  
1 Tbsp grated horseradish  
1 Tbsp lemon juice  
4 Tbsp top of the milk or single cream  
1 Tbsp oil  
1 Tbsp yogurt  
1 Tbsp fresh chopped salad burnet  
pinch of sugar  
salt according to taste

Mix carrots and horseradish, immediately after grating, with lemon. Mix other liquid ingredients well. Add herb, sugar, and salt and stir. Mix this with grated roots. (Herbs, Health and Cookery)

### **Horseradish shepherd's pie**

2 lb lean minced beef  
1 onion, chopped  
1 clove garlic  
1 tsp mixed herbs  
1 Tbsp flour  
½ pint strong beer or stout  
2 Tbsp horseradish, grated  
2 Tbsp malt vinegar  
tomato slices  
1 ½ lb cooked potatoes, mashed with a little milk and seasoning  
knob of butter or margarine

Put the beef into a pan over a medium heat and brown, stirring and breaking up the meat. Add the onion, the crushed garlic and the herbs. When the meat is browned and the fat running, stir in the flour and continue cooking for a minute or two until the flour is blended in. Gradually add the beer or stout and bring to simmering point. Cover and cook over a low heat for about 15 minutes, checking that it is not burning and add a little water if the mixture is getting too solid. While the meat is cooking, soak the horseradish in the vinegar and at the end of cooking time, add both to the beef

mixture with salt and pepper to taste. Put in a pie dish or casserole and spread with the thinly sliced tomatoes then with the mashed potato. Pattern the top with a fork and dot with butter. Put in the oven at 350F for 20-30 minutes until the meat is completely cooked and top of the pie browned. (Food from the Countryside)

### **Omelet with Cheese and Horseradish**

4 eggs  
1 Tbsp water  
salt and pepper to taste  
a little butter  
½ cup grated cheddar cheese  
1 tsp fresh horseradish, finely chopped or grated

Mix the eggs, water, salt and pepper. Heat frying pan and add a touch of butter. When fairly hot pour in the eggs. Sprinkle over the cheese and horseradish when the omelet is nearly cooked. (Creative Cooking with Spices)

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## **Resources:**

Companion Plants, 7247 No Coolville Ridge Rd., Athens, OH 45701; 740-592-4643; [www.companionplants.com](http://www.companionplants.com) plants

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