

## Basic Horseradish Sauce (Prepared Horseradish)

Boil some water and allow to reach room temperature, since horseradish spiciness is lost when heated. Set up cooled water, some white wine vinegar and coarse salt, as well as clean jars with lids. Trim tops of horseradish and cut into logs if the roots are branched. Using a sharp knife or vegetable peeler very carefully, and working with the blade moving always away from the body, remove the skin to reveal the creamy white flesh; rinse in cold water. Work quickly to cut up into chunks, transferring to a measuring cup, to determine the amounts needed of water, vinegar and salt, as follows:

### Ingredients (for approximately 3 cups of sauce)

- 2 cups fresh horseradish root chunks
- 1 cup boiled water, at room temperature
- ½ cup white wine vinegar
- 2 tsp coarse salt, or to taste



Place horseradish chunks in a blender jar; add water. Pulse a few times, then scrape horseradish bits down with a spatula. Continue processing until the horseradish is reduced to small bits. For milder sauce, add vinegar immediately, or wait a little for spicier, and up to three minutes for the spiciest flavour. Add salt, and continue processing, scraping the walls of the blender jar a couple times, until desired consistency is obtained. Transfer to clean jars with lids. This basic sauce may be stored in the fridge for a few weeks, or in the freezer for a few months.

Serve with steak, roast beef, fish, potatoes, etc. Mix with sour cream and/or mayonnaise for a creamy sauce, or add to ketchup or seasoned tomato sauce for seafood cocktail sauce. Other combinations may include mustard, beets, garlic, or even added to mashed avocado (photo below, left), with a sprinkle of salt and lime juice (photo below, right), for a fusion guacamole:

