



## **Bushia's Creamy Polish Horseradish**

### **A Heritage Recipe**

**Note: Use glass bowls and wooden spoons when preparing and serving this condiment. Do not use metal spoons or bowls.**

1/3 cup white vinegar  
2/3 cup cold water  
2/3 cup granulated sugar  
1 large raw horseradish root, peeled  
1 egg yolk (optional)

Place white vinegar, cold water, and sugar in a medium saucepan over medium heat; stir to dissolve sugar. Bring to a boil; boil 5 minutes, forming light sugar syrup. Remove from heat; place sugar syrup in a glass container; set aside to cool.

If using a hand grater, find a ventilated work area and use a large glass bowl; grate horseradish. If using a food processor, cut the horseradish into pieces, shred or grate the horseradish into small pieces. Process until grated consistency.

With a wooden spoon, remove grated horseradish to a glass bowl. Slowly add sugar syrup until desired sauce consistency. If desired, add the optional egg yolk. Due to possible health concerns, this ingredient can be omitted if desired. It is important to work with glass containers or the finished product can turn a gray color. Do not use metal tools or bowls.

Store in a closed pint size glass jar in the refrigerator. If the jar has a metal lid, cover the top of the jar with plastic before adding the lid. Always serve fresh horseradish with a plastic spoon. Yield: one pint

**Inspired by:** Bushia- who served it every Easter with rye bread, boiled eggs, and of course, Polish Sausage

**Cook's Note:** Bushia said to always use a wooden or plastic spoon for mixing or serving and a glass bowl for grating. She said metal reacted to the mixed horseradish, turning the product gray and creates an off-flavor. In fact, she always put a piece of plastic under the cover to keep it away from the horseradish. Always keep it in the refrigerator to preserve its zesty flavor and white color. Remember; attach a plastic spoon to the jar as a reminder for serving.

**About the Recipe:** Horseradish adds a spirited hot accent to many foods. Serve this condiment with smoked foods like sausages, ham or smoked fish. We like it also with eggs, sandwiches, or potato dishes. Horseradish also adds that zing to sour cream, yogurt, or other dairy foods. We usually make a smaller amount but Bushia always doubled this recipe.