

### **BOETJE BARBECUE**

1 C Boetje Dutch Mustard  
1/2 C white balsamic vinegar  
1/3 C brown sugar  
2 TBS butter  
1 TBS Worcestershire sauce  
1 TBS lemon juice  
1 TBS light molasses  
1 tsp. Cayenne  
Salt and pepper to taste

Cook over medium low heat for 30 minutes.

### **BOETJE MUSTARD PAINT**

1 TBS Boetje Dutch Mustard  
1 TBS non fat yogurt  
1 TBS mayonnaise  
1 TBS honey  
4 fish fillets

Coat baking pan with spray. Combine paint ingredients and divide between 4 fish fillets. Bake 400 degrees for 20 minutes. Lay foil over fish turn off oven for 5 minutes then serve.

### **BOETJE'S PEPPER POPPERS**

1 dozen jalapeno peppers  
1 pound sausage-hot optional  
1 8oz, cream cheese  
2 T Boetje Stone Ground Mustard  
1/2 cup shredded parmesan cheese

Slice peppers in half and remove seeds with spoon, set aside. Brown sausage in pan and combine with cream cheese, mustard and 1/4 cup of cheese. Spoon into peppers top with remaining cheese. Cover with foil and bake 350 for 30 minutes or till bubbly.

### **BOETJE TUNA SALAD**

Mix tog. 4-6 cans Albocore Tuna, 3-4T Boetje Dutch Mustard, 1/3C mayo, 15 Kalmetta olive chopped, 1/4-1/3C Fontina cheese-grated, 1 heaping Tbls. capers