

Horseradish

(Armoracia rusticana)

Horseradish was introduced as a condiment in England in the 1600s, but according to an herbalist of the era, “only for country people and strong laboring men.”

Culinary uses

Horseradish sauce, made from the root, is commonly spread over roast beef but also is tasty in coleslaw, cream cheese, and mayonnaise-based sauces. Because it loses its flavor quickly, horseradish should be prepared in small quantities.