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| Mustard and Cress | <p>Mild and juicy, mustard and cress appeals particularly to children. It can be grown in just a few days.</p> <p>The cress which is widely available in the shops nowadays is not the traditional mixture of mustard and cress seeds but often salad rape. All kinds of mustard and cress make a pleasant addition to a salad bowl, as well as to various types of sandwiches</p> |
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About a week or ten days before use, sow the seeds in a dish or tray, on a piece of cloth or kitchen roll which should be dampened.

Harvest the mustard and cress when the seedlings are about 1 or two inches high.

It will probably not need to be washed before it is used for the sandwiches; however, if it has been washed, it should be dried on a clean towel or a piece of kitchen roll, before use.

Plain Mustard and Cress sandwiches

Ingredients & Instructions

1. Take some slices of bread and butter, and cover with equal parts of mustard and cress.
2. Cover them with more slices of plain bread and butter.
3. Press them lightly together and cut in neat three-cornered pieces.

Egg and Cress sandwiches

Ingredients

Eggs, hardboiled, finely chopped and mashed

A few tablespoons mayonnaise (if available)

Salt, to taste

Freshly ground black pepper, to taste

2 cups mustard and cress

Thin slices firm white bread or whole wheat bread, possibly with crusts removed.

Instructions

1. Mix the finely chopped and mashed eggs and mayonnaise together and season to taste.
2. Spread half of the slices of bread with the egg mixture, sprinkle some mustard and cress on top of each one, reserving some for garnishing, place the remaining slices of bread on top, and cut each sandwich into 4 triangles.

To serve:

Arrange the sandwiches on a silver platter, garnish with the remaining mustard and cress, and serve together with Cucumber Sandwiches and Tomato Sandwiches.