



Q: What's a good use for horseradish besides cocktail sauce or as a side with roast beef? And what makes it so hot?

A: Horseradish is a root, similar to wasabi, and a member of the mustard family. Prepared horseradish is grated horseradish root combined with distilled vinegar. It has almost no taste until grated when the cells are crushed to release a volatile oil that produces the “heat.”

Read more about the uses of horseradish and get some great recipes for making your own on the [Burn! Blog](#).