

# Wholegrain Mustard

Yield: ± 125 ml

## Ingredients

50 g yellow mustard seeds

50 g brown mustard seeds

120 ml apple cider vinegar

1-2 tablespoons Water

½ teaspoon Salt

### Optional:

1t sugar or honey to taste.

½ teaspoon turmeric ground optional – helps ward of fungus



## Instructions

1. Add to a bowl your yellow and brown mustard seeds and cover them with 80 ml of the vinegar. Stand for at least 1 hour or overnight.
2. Blend, adding the remaining ingredients.
3. Pot in (a) sterilised jar(s)
4. Stand for a month for the flavours to develop.

### Notes:

- I use apple cider vinegar – I prefer it to wine vinegar because it has better flavour and is less harsh
- I do use –
  - the turmeric – for the colour and the antifungal properties. It makes no difference to the flavour.
  - the honey – no it doesn't turn this into a sweet mustard – you'd have to quadruple the quantity you add.
- I quadruple the recipe which makes about 1 litre of mustard.

