

Mustard your way

Time to prepare: 2-4 weeks

Difficulty: Very Easy

Utensils: Blender / Food processor / Immersion blender

Adaptable: Yes

Vegetarian: Yes

Vegan: Yes

Dish origin: [...]

Ingredients:

- mustard powder or seeds
- liquid of choice

Preparation:

Use a 2:1 ratio or 2.5:1 ration of liquid to seeds. You can also mix several liquids, no need to just use one source. Examples are: water, wine, vinegar, beer, kombucha, juice, kefir, etc. Using zest from citrus fruits, sweeteners, herbs and spices give it more character. As your mixture sits it will thicken. The mixture should sit at least 1-2 days which makes the grinding easier. Toss everything in your blender of choice and mix until desired smoothness. Then comes the fermentation process which takes 2-4 weeks depending on your room temperature. After this you can place the jar in the fridge and keep your own personal mustard for up to a year. Feel free to experiment with local ingredients!

Source: "The Homemade Vegan Pantry" - by Miyoko Schinner

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