

MUSTARD MADE OF SEEDS



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Ingredients:

- 90 g (3/4 cup) yellow mustard powder or seeds
- 10 g (2 tsp) salt
- 60 ml (1/4 cup) water
- 200 g (7 oz) white onion (1 medium), finely chopped
- 3 cloves garlic, minced
- 125 ml (1/2 cup) white wine or fruit wine
- 125 ml (1/2 cup) fruit vinegar or apple cider vinegar
- 25 g (7/8 oz) fresh turmeric, peeled and sliced, or 1/2 tsp (2 ml) ground turmeric (for color)

Mustard preparation

In a jar, mix mustard and salt in water. Seal jar and let ferment at 68 °F (20 °C to 30 °C) for 48 hours. In a saucepan, over low heat, simmer onion, garlic, wine and vinegar for 15 minutes to bring out flavours. Using a sieve, strain onion mixture into a bowl to save liquid. Save solid pieces for your next sautéed dish.

In a blender or food processor, purée wine mixture and turmeric with fermented mustard mixture.

Transfer to a clean saucepan. Bring to boil over low heat, whisking to prevent burning. As soon as the mixture starts to boil, remove from heat. Transfer mixture, while still hot, into a clean glass jar and seal.

Let stand at room temperature for 10 days. The mustard will lose some of its pungency and achieve a more delicate flavour during this little rest period. Use without skimping on anything that goes nicely with the colour yellow. Keeps in the refrigerator forever and then some!

See more recipes [here](#).

Recipe by David & Sébastien, revolutionfermentation.com.

Products used to prepare this recipe:



[Veggie Fermenter](#)

[Buy on Kefirko.com](http://Kefirko.com)



[Sea Salt](#)

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