

Homemade Mustard **Homemade Mustard**

from In Our Grandmothers' Kitchens

Ingredients:

1/2 cup yellow mustard seeds
2 tablespoons mustard powder
1/2 cup water
1/3 cup tarragon vinegar (or use another herb to make your vinegar)
1-1/2 teaspoons salt
2 tablespoons honey

Instructions:

Place the mustard seeds in a stainless-steel bowl. Briefly go at them with a pestle if you have one to release some of the oils. Add the mustard powder, and stir in the water. Let the mustard sit for 10 minutes.

At the end of the 10 minutes pour in the vinegar. Cover the mixture and let it sit overnight.

The next day, place the mixture in a blender. Add the salt and honey. Pulse quickly to blend, but try to leave some bits of mustard coarse.

Pour the mustard into a clean glass jar, cover, and refrigerate for 1 week before using. Makes about 1-1/4 cups.