

Homemade Dijon Mustard

Makes 1 cup

Ingredients:

2 Tbs brown or yellow mustard seeds
1/4 c dry mustard powder
1/4 c dry white wine or water
2 Tbs white wine vinegar
1 tsp coarse salt (to taste)

Directions:

Place the mustard seeds in a spice grinder & grind as fine as desired.

Place the ground seeds in a bowl and add the dry mustard powder and wine, stir & let sit for 10 minutes.

Add the vinegar & salt and mix well to combine. Place in a jar with a lid and let sit overnight at room temperature. The next day, place the refrigerator for 4 days or up to 2 weeks before using. This allows the flavor to ripen.



Basic Course Mustard

Makes 1 cup

Ingredients:

1/3 cup yellow mustard seed
1/3 cup cider vinegar
1 clove garlic, halved
3 Tbs water
3 Tbs honey
1/4 tsp salt
Pinch of cinnamon



Directions:

In a small bowl, combine mustard seed, vinegar & garlic. Cover and refrigerate 36 hours. Discard garlic. Process mixture in a food process with water until a course consistency. Stir in honey, salt and cinnamon. Refrigerate in tightly sealed containers. Use within 2 weeks.

The mission of **MOUNTAIN STATES OILSEEDS LLC** is to bring diversified crops and specialized markets to the agricultural community. Our goal is to introduce nutrient rich crops for the enrichment of human and animal health without detriment to the environment.

Our cleaning facility is

Kosher Certified
Gluten free
GMO free
Allergen free
PrimusGFS Food-Safe Certified Facility

PO Box 428

American Falls ID 83211-0428

Phone: 208-226-2041

Fax: 208-226-9916



MUSTARD



HOMEMADE MUSTARD RECIPES



Basics of making homemade mustard

A very basic mustard includes mustard seeds and a liquid. The seeds can be ground or left whole.

A basic ratio for making a grainy mustard is mix 1 part mustard seed to 2 parts liquid. Let mixture soak overnight to allow mustard seeds to absorb the liquid. Do NOT refrigerate during the soaking process or the seeds will not absorb like they should.

Seeds: use any combination of mustard seeds

Seeds vs Powder: seeds will give a grainy mustard to smooth texture from the powder. After soaking the seeds, you can process to desired smoothness but will still have some grain.

Liquids include water, beer, fruit juices, cider, whiskey, vinegars and can be a mixture of these depending upon your preferences.



Liquid Temperature: Heat will disable/kill the pungency of the mustard seed. Use cold liquids for pungent, warm for mild and hot for very mild mustards.

Extra Ingredients: get creative. Add a diversity of flavors.

Make a base mustard, split it in half and add sweet, spicy or savory to each half. For example, habanero peach, apple whiskey, beer-honey, roasted garlic or onion or any berries, fruits, etc. If you like a flavor, add it to a mustard.

The addition of vinegar and salt help to preserve your mustard and keep it longer, especially if you are adding extra ingredients.



Storage: Properly prepared mustard is impervious to harmful bacteria but flavors can become bitter and it can dry out so keep it in a sealed glass jar with a non-reactive lid in the refrigerator. The mustard can last for years but may lose some flavor & pungency.



Simple Mustard Base

Ingredients:

1 cup mustard seeds, yellow, brown, oriental
2 cups liquid of choice. Try mixture of beer or water and vinegar.

Extra ingredients and flavorings (amounts are variable)

Directions:

In a large glass jar, add mustard seeds to liquid. Seal it up and give it a shake. Set aside, out of light for up to 2 days to absorb liquid & develop. Process the mixture in a food processor with your extra ingredients. Salt to taste. You can adjust the consistency with water if too thick. The flavors will be quite pungent at first & will mellow over time as the mustard ages.

Simple Hot Mustard

Makes 2 cup

Ingredients:

1/3 cup yellow mustard seed
2/3 cup warm water
1/2 cup rice vinegar
1/4 cup canola oil or EVOO
1/4 cup brown sugar
1/4 cup lemon juice
1/4 cup honey
2 tsp turmeric
1/2 tsp salt
1/4 tsp black pepper



Directions:

Soak mustard seed in water for 45 minutes. Add to remaining ingredients in food processor and blend well (2-3 minutes). Store in refrigerator 1-2 weeks.

Homemade Whole Grain Mustard

Makes 1 1/2 cups

Ingredients:

1/4 cup Yellow mustard seed
1/4 cup Brown mustard seed
1/2 cup rice vinegar
1/4 cup grapeseed or canola oil
1/2 cup Chardonnay wine
1/2 tsp turmeric
Juice of 2 lemons
2 tbsp brown sugar
1/4 tsp freshly ground pepper
1 tsp kosher salt



Directions:

Grind yellow mustard seeds in a spice mill then combine all ingredients into a food processor and blend for 2 minutes. Store in refrigerator.

Basic Mustard

Ingredients:

1/3 cup brown mustard seed
1/2 cup yellow mustard seed
1/2 cup water
1/2 cup white wine vinegar
1 1/2 tsp salt (to taste)
1 tsp turmeric

Directions:

Soak mustard seeds for at least 2 hours or overnight. This will give a finer texture and will mellow the seeds slightly.



Drain the mustard seeds and grind in blender or food processor. Blend mustard seeds with water & let sit for 10 minutes to allow flavor to develop.

Add vinegar, salt & turmeric and blend until smooth.

Keeps indefinitely in the refrigerator.