



Makes 2 cups

1 1/4 cup yellow mustard seeds

3/4 cup white wine vinegar

1/4 cup white wine

1/4 cup water

1/4 cup honey

1 tsp salt

1/2 tsp ground turmeric

1/2 tsp ground cinnamon

1/2 tsp ground allspice

1/4 tsp ground ginger

1/4-1/2 cup water

1. Combine the mustard seeds, white wine vinegar, white wine and water in a glass bowl. Stir and cover. Let it sit in a cool dry place for 12-24hrs.
2. The next day add the honey, salt, turmeric, cinnamon, allspice and ginger to the rehydrated mustard and mix.
3. Add about half of the mustard mixture to a food processor and pulse about 10 times to break up some of the mustard seeds.
4. Stream in 1/4-1/2 cup of water while running the processor on low. Less water if you want a thicker mustard and more if you want it thinner.
5. Place in individual 125ml mason jars and then into the fridge. Let it rest for at least two days before using.
6. Add a label with ingredients and instructions to keep it in the refrigerator.

TIP: You can double or triple this recipe to make more.

TIP: Substitute apple juice for the wine if you prefer no alcohol.