



MUSTARD

ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 20 mins

Wait time: 12 hours

Cook time: Nil

Serves: makes 1 cup



INGREDIENTS

- 6 tbsp whole mustard seeds
- 1/2 cup mustard powder
- 1/2 cup water
- 4 tbsp lemon juice
- 2 tsp pink rock salt
- 1 1/2 tsp ground tumeric
- 2 tbsp honey OR 1/4 cup fresh herbs, minced

METHOD

- In blender, grind mustard seeds briefly. Don't make them too fine as powder being added.
- Place in a bowl and add salt, mustard powder, tumeric and honey or herbs.
- Pour in the water, and stir to combine well.
- Leave to stand for 15 minutes before adding lemon juice.
- Add lemon juice and stir.
- Pour into a glass jar, cover and refrigerate.
- This will thicken overnight, so will not be ready to eat for a minimum of 12 hours.
- This mustard will keep for 6 months if kept refrigerated.