

Recipes and Tips



Garlic Mustard Mustard

makes about 1/2 c.

7 T ground garlic mustard seeds
2 tsp apple cider vinegar
1/2 tsp salt
6 T water
2 tsp honey
1/4 tsp turmeric

1. Whisk together the ground seeds with the salt and turmeric. Whisk in the water, honey and vinegar until smooth.
2. Allow the mustard to sit for a week in the refrigerator. It will need to be stirred before use and the color will darken. Keep stored, covered in the fridge for up to a year.