

WHOLEGRAIN MUSTARD



RosieMakesJam
PRESERVING PRESERVING

Equipment List

Large non-metallic bowl

Fine grater

Jam funnel, if possible

Spatula

Tablespoon

Teaspoon

Goblet electric food blender

Will make approximately 5-6, 225g/8oz jars

Don't forget lids to fit your jars, and some labels.

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie

Ingredients

Yellow mustard seeds	200g/7oz
Black mustard seeds	200g/7oz
Beer of your choice	1 bottle/can
Salt	1 tablespoon
Freshly ground nutmeg	1 tablespoon
Runny honey	6 tablespoons
Cider vinegar	150ml/6fl oz

Method

Start 24 hours before

Mix the mustard seeds together in a large bowl

Pour the beer over the seeds and mix well

Soak the seeds in the beer overnight

Wash the jars in warm soapy water, rinse and place up-side-down in a warm oven to dry

Next day add all remaining ingredients and stir together thoroughly

Using a goblet blender process in small batches to the desired consistency

Combine all batches together and stir before potting up

Great care should be taken to remove any air pockets in the jar with a round bladed knife before sealing.

Mature for two weeks and use within one year - not just as a condiment on the side of your plate or in a sandwich