ROMAN MUSTARD BALLS



Rosie's Preserving School

Equipment List

Sharp knife

Chopping board

Fine grater

Teaspoon

Large mixing bowl

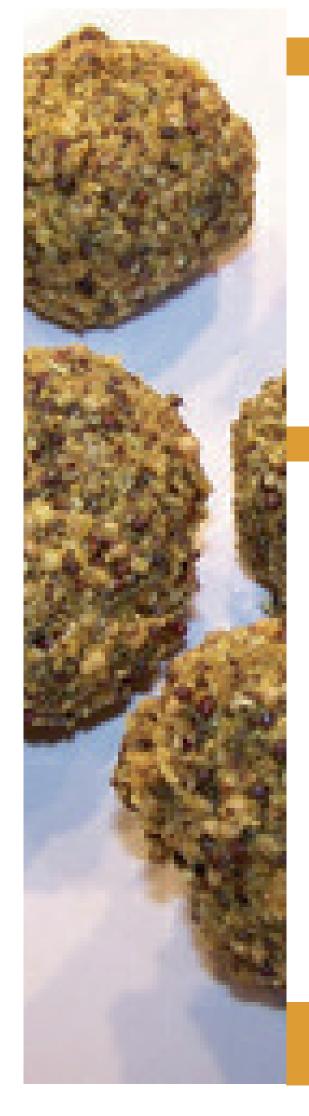
Silicone baking parchment

Tray

Food blender

The recipe makes makes approx 8-10 mustard balls I jar to store them

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!



Ingredients

These mustard balls can be made with any combination of herbs and spices. Maybe empty your spice shelf and see what you have – this is my selection.

Tarragon Caraway seeds

Blade mace, Garlic

Dill Lemon zest

Oregano. Yellow mustard seeds
Cumin Black mustard seeds

Cardomom Fish sauce
Juniper berries Sea salt

Pine kernels Black pepper
Cloves Red wine vinegar

Allspice berries

Method

Whatever ingredients you have on the table we will each mix whatever we think would ultimately taste fantastic – with varying degrees of success!

Once the spices and seasonings are mixed, we blended them with the mustard seeds in the food processor until coarsely blended – you don't need it too fine.

Once you are happy, tip into the bowl and moisten with either oil, fish sauce, vinegar or lemon juice or a mixture of some or all of them.

Put the paper onto the tray ready

Take heaped teaspoons of the mixture and roll into balls. Once rolled into balls leave them to dry.

Once dry, store in an airtight jar ready for use

Will keep for many years

For more delicious recipes and inspiration visit https://recipes.rosiemakesjam.com