

ROMAN MUSTARD BALLS



Rosie's Preserving School
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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
1 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!

Rosie



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>