



DIJON MUSTARD

INGREDIENTS

- 100 g (3.5 oz) black mustard seeds.
- 50 ml (1.5 fl oz) dry white wine
- 30 ml (1 fl oz) white wine vinegar
- A few tbsp of water for making the mustard
- Water for soaking the seeds
- Salt to taste
- Pinch of sugar

NOTES

- The mustard seeds have to be soaked in water for at least 2 hours (some people like to add some vinegar to the water).
- This recipe is hot. So if you want the mustard to be milder, add the vinegar at an earlier stage than set out in the instructions. Adding sugar will break down bitterness, and more vinegar and/or wine will reduce the heat. Another alternative is to use yellow mustard seeds that are milder.

PROCEDURE

1. Soak the mustard seeds in water for at least 2 hours.
2. Drain the seeds through a sieve and place in the mortar and grind with the pestle. The grinding process will take some time in order to extract the yellow mustard from the husks.
3. When the yellow begins to appear (after about 10 minutes) you can start to incorporate the liquid ingredients by first adding the wine and then the white wine vinegar. Continue grinding.
4. The vinegar and salt can then be added, but the grinding needs to continue until the mixture becomes fine (although some people may prefer a coarser mustard).
5. Once the desired consistency is reached, taste the mustard to adjust the flavours. This is where you can add a little sugar or more vinegar/white wine to reduce the heat.
6. The mixture is then passed through a sieve, using the back of a metal or wooden spoon to press it through. It may be necessary to pass it through twice to obtain a smoother texture.
7. Store the mustard in a jar and refrigerate for a few days to allow to mature (this will also reduce the 'heat' of the mustard).