

CAKCLE



FRUIT

Swashbuckling adventures
& experiments in all things
ingestible

EQUIPMENT & INGREDIENTS

3/4 cups Dry White Wine

3/4 cup Mustard Seeds

2-3 bulbs of garlic

Olive Oil

1 1/4 cup White Vinegar

2 Large Lemons

1/4 cup Honey

1/2 tsp Kosher Salt

Dry Mustard Powder (opt.)

Garlic Powder (opt.)

Blender/Food Processor

Canning jars, 125-250mL

Hot water canner

VARIANTS (DEVIANTS?)

There are hundreds of
variations on basic mustard
recipes. Got a crazy idea? Let's
try to make it work, email it to
heycacklefruit@gmail.com

Hhhh-hi Hhhh-honey Mustard



DIRECTIONS

1. Combine the 3/4 cup of dry white wine and 3/4 mustard seeds and allow wine to absorb. (2-12 hours)
2. Preheat oven to 350F, chop the top off of the garlic bulbs and peel excess skin from the sides. Drizzle with olive oil and roast until deep brown and fragrant (~45-60mins). Allow to cool.
3. Prep and sterilize jars/lids.
4. In blender/food processor, combine cloves of roasted garlic and 1/2 cup of white wine vinegar; blend into smooth paste.
5. Add in another 3/4 cup of vinegar, marinated mustard seeds, 2/3 cup of fresh lemon juice (zest first and retain!); blend to desired graininess.
6. Transfer to saucepan, add the honey and salt, and simmer over medium heat, stirring constantly until it begins to thicken.
7. Add in lemon zest. Taste and adjust level of garlic (with garlic powder), mustard (with dry mustard powder), and sweetness (honey) to taste.
8. Fill jars to within 1/4" of the rim and process in hot water canner for 15 mins.

FACTOIDS

**Mustard seeds are high
in Omega-3 fatty acids**

**Pope John Paul XXII
loved mustard so much
that in the early 1300's
he created a new
Vatican position of
mustard-maker to the
pope - grand
moutardier du pape.**

**There's a Mustard
Museum in Wisconsin,
with free tastings**

**Much of the mustard
consumed in the world
is grown in Canada,
specifically the
Prairies.**