

# CACKLE



## 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](mailto: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.