

# Whole Grain Kombucha Mustard

Great for sandwiches, dips, meats, and as a base for salad dressings and marinades!  
A good way to use long-cultured kombucha.

## Ingredients

whole mustard seeds (yellow, brown, or a mix of the two)  
kombucha (the stronger, the better)  
sea salt

## Optional additions

whole garlic cloves  
dried or fresh chiles  
turmeric root, for color and health benefits  
horseradish root  
cranberries or other fruit  
dried herbs  
use your imagination!

## Instructions

- 1) Use a glass jar large enough to allow for the seeds to expand. Add the seeds to the jar, filling about half full. Add sea salt to taste, about 1/2 tsp. per quart. If using optional additions, add them now. Add the kombucha, filling to about an inch above the seeds. Stir to incorporate.
- 2) Cover with a coffee filter or paper towel and secure with a rubber band. Allow to culture at room temperature. This can be anywhere from one week to one month, depending on temperature and desired softness of the seeds. Check the seeds every few days to make sure that they stay submerged. You'll need to add more kombucha as the seeds swell- don't let them dry out on top.
- 3) Taste the seeds as they ferment. Your mustard is ready when the seeds are soft and pop when you bite them.
- 4) Once your seeds are ready, use a blender or food processor to grind them to your desired consistency. More kombucha or vinegar can be added to thin it out a bit, and more salt can be added if desired. Keeping some of the seeds intact gives the mustard a nice texture.

Store in refrigerator for up to one year.