

Fermented HONEY MUSTARD

Recipe was adapted from "The All New Ball Book of Canning and Preserving" & used by permission ©2022 Chez LaRae

Makes about 3 half-pint jars

- 2 cups water
- 1 tbsp kosher salt
- ¾ cups brown mustard seeds
- ¼ cup yellow mustard seeds
- ¼ cup mustard powder
- ½ tsp turmeric powder
- 1 tbsp raw honey
- 1 tsp kosher salt
- 1-2 garlic cloves, finely chopped
- ¼ cup raw, unfiltered apple cider vinegar (I like Bragg)

NOTE: Please plan accordingly as this recipe must be prepared one month prior to serving. Also, use local raw honey instead of store bought which is often adulterated with corn syrup or other additives.

Read our blog "The Honey Laundering Scandal" for more information on FAKE honey, how to avoid it, and the benefits of RAW local honey.



Decorate jars with Vintage honey labels from [CanningCrafts.com](https://www.canningcrafts.com)

1. Combine water, salt, and brown and yellow mustard seeds in a bowl and let stand at room temperature overnight or up to 24 hours.
2. Drain mustard seeds well in a fine-mesh strainer. If you do not have a fine-mesh strainer use a regular strainer lined with cheesecloth or a coffee filter.
3. Place mustard seeds in a food processor and pulse until crushed. Add mustard powder, turmeric, honey, 1 tsp kosher salt, and garlic. Pulse until blended. Add apple cider vinegar and pulse until just blended.
4. Transfer mustard mixture into a medium glass bowl and cover with plastic wrap. Let stand at room temperature for up to three days or until bubbly, stirring daily.
5. Spoon mustard into sterilized jars. Remove air bubbles. Wipe jar rims. Center lids on jars and apply band until finger-tip tight. Affix CanningCrafts' custom honey labels and date jars. Refrigerate mustard for four weeks before serving. Honey mustard can be stored in the refrigerator for up to one year.