

HOMEMADE MUSTARD



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With just a handful of ingredients, this delicious overnight mustard recipe is a snap to prepare!

Ingredients

- 1/3 cup whole yellow mustard seeds (soaked overnight)
- ¼ cup boiled water
- 2 tbsp white vinegar or apple cider vinegar
- ½ tsp salt
- 1/8 tsp turmeric
- Pinch of garlic powder
- Pinch of paprika

Preparation

1. First, soak the mustard seeds in water in a small jar overnight.
2. Drain the seeds using a fine mesh colander.
3. Mix the soaked seeds with the boiled water in a large glass measuring cup.
4. Add the vinegar and mix.
5. Add the salt and remaining spices.

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6. Pour the mustard mixture into a small blender and grind until you reach your desired consistency.
7. Pour the prepared mustard into a glass jar and refrigerate until ready to use. The mustard can be stored in the fridge for over six months.

Please note: Fresh prepared mustard is pungent. Refrigerate the mustard for 12 to 48 hours before eating, to allow the flavours to blend and mellow.