

Pacific Northwest Whole-Grain Mustard with Horseradish

Ingredients

- 2/3 cup yellow mustard seeds
- 1/3 cup brown mustard seeds
- 1 1/2 cups apple cider vinegar
- 2 large garlic cloves, minced
- 2-3 teaspoons prepared horseradish (I like Bubbie's brand)
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 teaspoon turmeric

Method

In a non-aluminum pot or jar, combine the mustard seeds, vinegar and garlic; cover and soak for 48 hours, adding additional vinegar if necessary to maintain enough liquid to cover the seeds.

Scrape the soaked seeds into a food processor. Add the remaining ingredients and process until the mustard turns from liquid and seeds to a creamy texture flecked with seeds. This takes 3 to 4 minutes. Add additional vinegar as necessary to create a nice creamy mustard; keep in mind that it will thicken slightly upon standing. Pack into a glass jar. This mustard benefits from at least a week of aging.

Notes



I find that the soaking stage invariably needs a bit more vinegar added to keep the seeds covered. I use unfiltered, unpasteurized AC vinegar (it still contains its “mother” - strands of proteins, enzymes, pectin, minerals and friendly bacteria).

This recipe can be made in large batches. Jay and I have made up to 15 times the

base recipe and it turns out consistently great. It stores well in the refrigerator for up to 12 months which is exactly when its time to make a new late fall batch.

Its uses are praiseworthy - a big dab added to homemade vinaigrette, marinades for roasted root vegetables, a smear on a sandwich, on crackers with avocado and greens, added to a chilled lentil salad. Our friend Susanne likes it with weiners and our 97 year old friend Ray enjoys it with his ham.

[Source: Jan Roberts-Dominguez, The Mustard Book \(Yield: 2 3/4 cups\)](#)