



Do-it-yourself mustard



Home-made food is all the rage these days. It's always worth having a go at making a delicacy which you would otherwise buy ready-made. Mustard, for example, is very easy to make yourself.

The basic ingredients are mustard seeds, water, vinegar, salt, as well as sugar or honey. Dark mustard seeds are hotter than lighter seeds. By mixing different types, you can create a mixture personalised to your own taste. For example: Crush 50 g mustard seeds into a powder in a mortar. Add 40 ml water, 30 ml good vinegar, 2 level teaspoons sugar and ½ Level teaspoon salt. Depending on the consistency you want, you can then mix everything with a hand blender. The mustard should then be allowed to steep. A couple of hours would be enough, but a couple of days left in the fridge would intensify the aroma. You can of course add other things to the mustard to suit your taste, such as fresh herbs, chilli, or even charcoal, as many celebrity chefs are doing these days.

By the way, if you don't have a mortar to hand, you can also do everything with a hand blender. In this case, simply allow the mustard seeds to steep in water and vinegar for one to two hours. Then blend the ingredients, add some salt and sugar, and blend again.