

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Cultured Mustard – Country-Style, Whole-Grain Mustard**

Adapted from a recipe by Sally Fallon in [Nourishing Traditions](#).

Update: Use 1/4 cup brown mustard seeds and 3/4 cup yellow mustard seeds for a slightly milder yet full-flavored mustard.

Makes 3 cups

Active time: 10 minutes

Total time: 3-4 days

1/2 cup whole yellow mustard seeds

1/2 cup whole brown mustard seeds

2/3 cup water

1/4 cup raw apple cider vinegar

2 tablespoons raw, mild honey

1/4 cup whey

2 tablespoons high quality sea salt

1/4 cup fresh lemon juice from 1- 2 lemons

4 medium cloves garlic, crushed

1. Use a blender to partially grind the mustard seeds, leaving most of them whole.
2. Add the rest of the ingredients to the blender jar. Process for 1 minute.
3. Pack the mustard into glass jars leaving at least 1-inch head space in each jar. Cover the jars tightly.
4. Place the jars in a dark cupboard to ferment at room temperature for 3-4 days. (4 days during colder months). Then transfer the jars to the refrigerator for storage.