Cultured Mustard – Country-Style, Whole-Grain Mustard

Adapted from a recipe by Kaelin Kiesel who adapted it from a recipe by Sally Fallon in Nourishing Traditions.

Makes 3 cups
Active time:  10 minutes
Total time:   3-4 days

Ingredients
¾ cup whole yellow mustard seeds
¼ cup whole brown mustard seeds
1 cup water
2 tablespoons raw, mild honey (optional, though it does tone down a bit of the spiciness without creating a sweet mustard)
¼ cup whey
2 tablespoons high quality sea salt
¼ cup fresh lemon juice from 1-2 lemons
4 medium cloves garlic, crushed
¼ cup raw apple cider vinegar

Directions
1. Use a blender to partially grind the mustard seeds, leaving most of them whole.
2. Add the rest of the ingredients, except for the vinegar, to the blender jar. Process for 1 minute. (About 15 seconds in a high-speed blender).
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). Burp the jars daily.
5. When finished fermenting, stir in the apple cider vinegar. Then transfer the jars of mustard to the refrigerator for storage.