

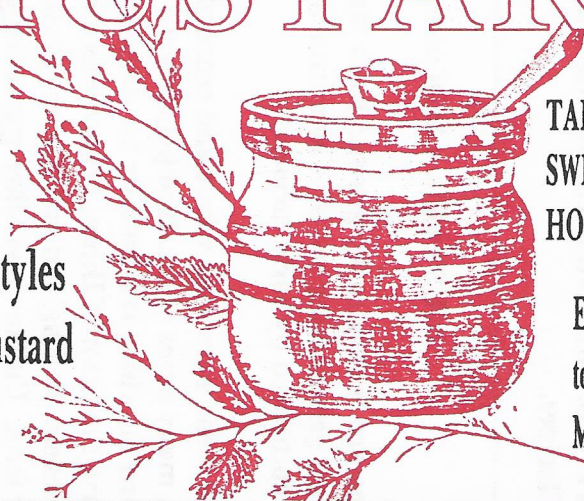
FROM OUR FARM

MAYERS
since 1869

TO YOUR HOME !

GOURMET MUSTARD

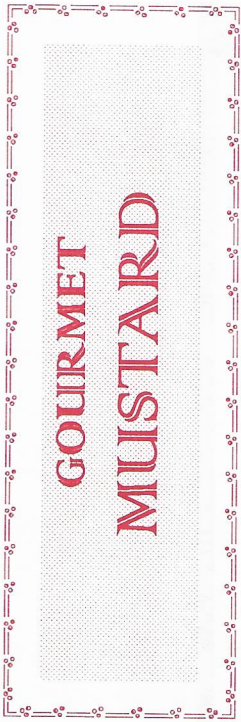
Everything you
need to make
three popular styles
of Gourmet Mustard



TANGY HORSERADISH
SWEET & SPICY BEER
HONEY MUSTARD

Easy Recipes included
to make other Delicious
Mustards & Sauces !

Contents: Mustard Seed, Dry Mustard Powder, Cider Vinegar, 2 - 4 oz. Hex Jars(not pictured), Recipes.



**GOURMET
MUSTARD**

This kit includes everything you need to make three popular styles of mustard, plus recipes to make other delicious mustards.

CONTENTS: Mustard Seed, Dry Mustard Powder, Cider Vinegar, Jars, Recipes.

MUSTARD, a brief history.....

Mustard is very easily grown. Each plant produces hundreds of tiny, fast germinating seeds. The mustard plant is one of the first crops cultivated by early farmers.

The seeds were used whole and crushed as a spice. In northern India, many acres of mustard plants were harvested to produce mustard oil which is a favorite for deep-frying. By the thirteenth century, the town of Dijon, France was already a center of mustard production. In England and Europe mustard was widely used to flavor food. Unlike most other spices from the East, mustard grew locally and was very inexpensive.

In the seventeenth century, mustard was used not only for culinary purposes, but for its medicinal properties. Many English scientists believed mustard to revive the spirits and strengthen memory. Mustard baths and Plasters were also used to relieve rheumatism and colds. Indians used mustard oil massages to relieve arthritis.

APPLE CIDER - MAPLE MUSTARD:

- 1/4 Cup coarsely ground yellow mustard seed
- 1/4 Cup coarsely ground brown mustard seed
- 1/4 Cup mustard powder
- 1/4 Cup cold water
- 3 Tbs. Apple Cider Vinegar
- 3 Tbs. Maple Syrup
- 1 tsp. salt
- 1/2 tsp pepper

Place seeds in a medium size bowl, add water, vinegar, syrup, salt & pepper, mix well to form a paste. Transfer to a clean jar, cover tightly & refrigerate for 1 - 2 weeks before using.

This mustard is an excellent condiment with ham or roast pork. You can also use it as a glaze during the last 10 minutes of roasting.

While mustard is no longer a primary medicinal plant, it's value in the culinary world is stronger than ever. Mustard seeds inhibit the growth of some molds and yeasts. This is why in commercial packaged pickling spices you will always find mustard seeds. You should never omit mustard seed from your own pickling spice recipes.

Most people are unaware of mustard's ability to emulsify other ingredients into a smooth mixture. It also does an excellent job of holding together oil and vinegar. This is the reason many recipes for salad dressings and sauces call for a small amount of mustard powder. It not only holds it all together, it also adds flavor.

Mustard can be purchased in several forms. The most basic is the seed. There are three types of seeds: black (*Brassica nigra*), brown (*Brassica juncea*), and white (*Brassica hirta*). The black and brown seeds are tiny and hard, while the white seeds (which are actually beige) are larger. Black seeds are hard to find. Brown and white seeds are easier to obtain. You can usually find them in the spice section of your local supermarket. If you need larger quantities, you can buy them more economically in the bulk food sections or in health food stores.

Mustard can also be purchased in powder form. This is commercially prepared from the seeds.

The third way to obtain mustard is prepared. Until the last few years, buying mustard meant the bright yellow ballpark style mustard, a sweeter German style mustard, or a Dijon mustard made with wine from France. Today you can buy mustard in many varieties. It may contain horseradish, Herb's & spices, wine, beer, or hot chilies. It can be smooth or course.

This kit contains the basic ingredients for you to create two popular mustard styles. With a little imagination, you can come up with your own delicious accompaniments to your home cooked meals.

MAKING YOUR MUSTARD

HONEY MUSTARD:

- 1/4 Cup Mustard Powder
- 1/4 Cup Cold water
- 2 Tbs. Cider Vinegar
- 4 Tbs. course ground mustard seed
- 1 Tbs. vegetable oil
- 3 Tbs. Honey
- 1/2 tsp. garlic powder
- 1/4 tsp. salt

- 1) Using a coffee grinder, mortar & pestle, or a rolling pin, grind or crush your mustard seeds to the texture you might desire. It should be fairly course, however, there is no correct texture.
- 2) Mix the mustard powder, ground seeds, and water together. Allow this mixture to stand for about 10 minutes.

- 3) Add the remaining ingredients, Blend well.

- 4) Put the mustard in your refrigerator and let it stand for 1 week. The flavor of your mustard will improve if left to age for this length of time or even a bit longer.

SWEET & SPICY BEER MUSTARD

- 1/4 Cup Mustard Seeds, coarsely ground.
- 1/4 Cup Mustard powder
- 3 Tbs. Cider Vinegar
- 1 Tbs. Honey
- 1/4 Cup Beer (any style)
- 1 Tbs. Cold Water
- 1/4 Cup Brown Sugar
- Pinch of cinnamon, & clove
- 1/4 tsp. garlic powder

SWEET & SPICY BEER MUSTARD... CONTINUED

- 1) Grind your mustard seeds, using the coffee grinder, mortar & pestle or a rolling pin. If using a rolling pin, place your seeds in a ziploc bag, get all the air out when you seal it. Press firmly and roll back and forth until seeds are crushed to your desired consistency.
- 2) Combine mustard powder, mustard seed and water together and let stand for 10 minutes.
- 3) Add the remaining ingredients and mix well.
- 4) Put your mustard in clean jars and let it stand on your shelf for 1 hour. Refrigerate and leave 1 - 2 weeks for full flavor to develop.

TANGY HORSERADISH:

- 1/4 Cup Dry Mustard Powder
- Pinch of Black pepper
- 2 Tbs. Cold Water
- 1/2 tsp Salt
- 1/2 tsp Brown Sugar
- 1/2 Clove of garlic
- 1/4 Cup Cider Vinegar
- 1 Tbs. fresh grated or prepared Horseradish
(You can add more or less to suit your taste)

Combine mustard, pepper, & water in a bowl. Put salt, sugar, garlic, & horseradish in blender or food processor, blend well for 1 - 2 minutes. Strain into the mustard mixture. Put all in a small pan & simmer over low heat stirring constantly until slightly thickened. When cool, stir in about 1 tsp. of extra horseradish to give your mustard texture. If your mustard is too thick, thin it with additional water or vinegar. This mustard is excellent with beef, ham or sausages.