

## Mustard- Mike's Whole-grain Mustard

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Ingredients: 16 oz

1/2 cup Mustard Seeds, Dark  
1/2 cup Mustard Seeds, Light  
1 cup Vinegar, blond\* (Champagne, white wine etc)  
1 cup Water, cold  
1 Tbs Salt, Kosher  
1/2 - 3/4 cup Honey

***Optional:***

Add a pinch of dry mustard or wasabi for some extra heat.

\*"Blond" refers to any light-colored vinegar.

Procedure:

In a coffee or spice grinder, place 1/2 cup each dark and light mustard seeds, grind to a powder. In a separate glass bowl, mix together the 1 cup powdered mustard and 1 cup of water. Let stand for 30-minutes.

Place mustard mixture, 1 cup vinegar, 1/2 - 3/4 cup honey and salt in blender. Process until mixture obtains a grainy texture. Add more honey if it appears too dry. (Optional: add a few additional dark and light mustard seeds. If add, then reprocess a bit longer to break up the seeds but not completely.)

Pour into sterilized jar and seal. Store in cool dark place and allow to mellow for 3 weeks. Refrigerate after opening.

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