

Easy Peasy Wholegrain Fermented Mustard (Preservative and Sugar Free)



Makes two 200-ml (a little over 3/4 cup) jars

200g mustard seeds (half brown/black half yellow)*
300-400 mL water (non-chlorinated)
10g salt
*Starter (1-2 tbsp)
140 mL apple cider vinegar or white wine vinegar



*Juice from fermented sauerkraut or other fermented vegetable, whey from yoghurt or milk kefir, kombucha or commercial starter culture.

Note: yellow mustard seeds are relatively mild whereas brown or black mustard seeds bring more pungent, spicier bite.

Dissolve the salt in the water to make a brine. Place mustard seeds, starter and brine in an airtight jar to ferment at room temperature for one week. The liquid should cover the seeds by about 2cm. Keep in mind that the seeds will expand in size. For the starter – we used fermented garlic paste and fermented turmeric in our latest batch. However, you can use any of the above-mentioned starters.

There is no need to weigh the seeds down but you may wish to give the jar a shake/swirl daily. The fermenting time softens the seeds and allows them to be blended up to a creamy consistency.

Strain liquid and transfer seeds to food processor. Keep the brine aside in case you wish to use it when processing your mustard. Pulse until coarsely crushed. Add some apple cider or white wine vinegar and pulse again tasting as you go and adding more vinegar or brine until the desired consistency and taste are reached. The mustard will be sharp to begin with, and will grow milder over time.

It is of course entirely possible to add other ingredients to your mustard such as turmeric, horseradish, garlic, honey, lemon juice, hot sauce, pomegranate molasses, etc.

Close tightly and keep refrigerated. It is a good idea to refrain from consuming your mustard straight away. The ingredients will meld and the flavour will improve over the next few weeks.