

Three Mustard Recipes | sos-free

Stone-Ground Mustard

By: The Jaroudi Family

Ingredients:

½ cup red (or brown) mustard coarse powder (60 g)
½ cup water (warm = less spicy | cold = spicier)
1 Tbsp white miso paste
1 Tbsp apple cider vinegar
2 tsp date sugar

Directions:

1. In a medium bowl, mix all the ingredients well. Move to a medium jar and seal with a lid. Let sit in the refrigerator for at least 24 hours before using.
2. Mustard will stay good for around three months.

Yellow Mustard

By: The Jaroudi Family

Ingredients:

½ cup yellow mustard powder (60 g)
½ cup water (warm = less spicy | cold = spicier)
1 Tbsp white miso paste
1 Tbsp apple cider vinegar
2 tsp date sugar
1/8 – ¼ tsp turmeric powder
Pinch of black pepper

Directions:

1. In a medium bowl, mix all the ingredients well. Move to a medium jar and seal with a lid. Let sit in the refrigerator for at least 24 hours before using.
2. Mustard will stay good for around three months.

Dijon Mustard

By: The Jaroudi Family

Ingredients:

¼ cup yellow mustard powder (30 g)
¼ cup red (or brown) mustard powder (30 g)
½ cup water (warm = less spicy | cold = spicier)
1 Tbsp white miso paste
1 Tbsp distilled white vinegar
2 tsp date sugar
1 tsp onion powder

Directions:

1. In a medium bowl, mix all the ingredients well. Move to a medium jar and seal with a lid. Let sit in the refrigerator for at least 24 hours before using.
2. Mustard will stay good for around three months.