

GRAINY MUSTARD

Time: 70 minutes

Serves: 10

Ingredients:

150g white wine vinegar
150g water
50g honey
90g whole yellow mustard seed
5g kosher salt

Preparation:

Stir all ingredients together in a small pot.

Place on medium-high heat and bring to a boil. Reduce heat to simmer, stirring often for 60 minutes or until liquid is nearly evaporated.

Let cool and serve.

Nutritional Information Per Serving:

Calories: 6
Fat: 0g
Carbs: 1g
Fibre: 0g
Protein: 0g