

INGREDIENTS



- 12 oz Jar
- Mustard Spice Mix
- Sea Salt
- Cloth Cover and Rubber Band

YOU WILL NEED:

- Apple Cider Vinegar or Plain Distilled Vinegar
- Beer or Cider
- Blender or Food Processor (Optional)



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MUSTARD

MAKING KIT



Fermenting Instructions

Plus Tips for Best Results



PREPARATION

CLEANING EQUIPMENT

To create a sterile environment, you'll want to make sure you thoroughly clean all of your equipment prior to first use.

DIRECTIONS

- 1 Add the entire bag of mustard spice mix to the jar.
- 2 Add 1 teaspoon of sea salt to the jar.
- 3 Add $\frac{2}{3}$ cup of apple cider vinegar or plain distilled vinegar to the jar.
- 4 Add $\frac{2}{3}$ cup of the beer of your choice to the jar. **Tip: The choice of beer will affect the flavor of your mustard.** A stout or porter works great for a darker, richer mustard, while a lager or pilsner will help you create a lighter mustard. You can also use cider for a sweeter, gluten-free mustard. If you don't wish to use any beer, substitute an additional $\frac{2}{3}$ cup of vinegar instead.



- 5 Give the mustard mixture a gentle stir to combine.
- 6 Use the rubber band to affix the cloth cover to the top of the jar. Let the mustard soak on the counter overnight, for at least 8-10 hours, and up to 24 hours.
- 7 Transfer the contents of the jar to a blender or food processor and blend to your desired consistency. Optionally, add 2-3 teaspoons of honey for a touch of sweetness, to create your own honey mustard. If you prefer a chunky, whole grain mustard, you may skip this step.
- 8 Transfer the mustard to the refrigerator. Your mustard is now ready to enjoy and will keep in the refrigerator for up to 2 weeks.



STORAGE TIPS

- Keep your jar in a low activity place, away from food prep, trash and plants.
- Always keep your fermentation jar at room temperature, between 68-85 degrees fahrenheit.
- If the fermentation jar is sitting on a surface that can get cold, like a countertop, put a towel or cutting board down for insulation.

To watch an instructional video for this kit visit PopCultures.Co