

Mustard Seed (Sinapsis alba)

Use 1-2 tbs for 4 servings

Description

Mustard seed has a clean fresh aroma and pungent biting flavour.

Mustard Seed complements - pork, kidneys, veal, rabbit, fish, vegetables, cheese, pickles.

The pungency of Mustard only develops with the addition of water. Heat reduces this pungency and, therefore, to retain the heat it is best to add Mustard towards the end of cooking.

Did you know?

Mustard has been used as a condiment for thousands of years. For poor people it was the one spice with which they could afford to enliven their bland food.

Quality

Mustard Seed should have a uniform golden colour with a fresh, sharp flavour.

Allyl isothiocyanate is the principal flavour-giving volatile oil.

Usage

White Mustard is a strong preservative, hence its use in pickles.

Crushed Mustard Seeds go well with vegetables, especially cabbage and celery.

Add Mustard Seed to cheese and cream sauces as well as mayonnaise.

Pork, veal, kidneys and rabbit are all excellent seasoned with Mustard Seed.
