**Mustard**

A good condiment can elevate almost any dish. Open my fridge and you will find many different condiments with mustards being the most represented.

Mustard is a secret ingredient in many recipes, from English mustard powder in a béchamel sauce, or a plump grain mustard in a dressing, mixed with yoghurt and herbs to slather on vegetables, sneaked onto hot buttered toast before the thick slices of tomato, or simply to accompany a piece barbecued meat.

My absolute favourite is tarragon mustard from Edmond Fallot- Moutarde verte a L’Estargon, available from Maison Vauron in Auckland and sometimes at Moore Wilson in Wellington.

Mustard is economical to make and very straight forward. I have always liked the idea of mustard fruits but always find them too sweet. Thinking about this made me want to try making a fruit mustard. You need a food processor or the like and apart from the soaking time it is quick and easy to make.

Of course, once blended to a course paste, I couldn’t wait to try it, so straight on a cracker for a taste test. It is better after a week in the jar and will last for ages in the fridge.

Try it.

Julie

**Apricot Mustard** 300gm

50g brown mustard seeds

50g yellow mustard seeds

125mls apple cider vinegar or Verjus

125mls water

150g chopped dried apricots

1 tablespoon sweet smoked paprika

2 teaspoons garlic powder

1 ½ tablespoons olive oil

50g caster sugar

2 teaspoon flaky salt

* Combine mustard seeds, vinegar and water and soak in a cool place for 48 -72 hours at room temperature.
* Once the mustard seeds have soaked, put the apricots in a bowl and cover with boiling water and let soak for 20 minutes, then drain.
* Put the mustard seed and their soak liquid, drained apricots, paprika, garlic powder, oil, sugar and salt in a food processor or blender until course paste forms.
* Put into hot jars and seal immediately
* When cool refrigerate
* Keep for a week before using.
* Once open store in the fridge.