



# Preserve Today, Relish Tomorrow

## UCCE Master Food Preservers of El Dorado County

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*This is not your ordinary mustard for sandwiches! Versatile and delicious, this flavorful mustard should be a staple in your pantry, so good it could be served on its own as a dip! This mustard is wonderful with sausage or pork chops, try basting it onto some fish or shrimp kabobs before cooking. It can also be used as a base for salad dressing.*

### Lemon Sage Wine Mustard

Yield: about five 4 oz. jars

- 1 bunch of fresh sage
- 3/4 cup dry white wine
- 3/4 cup yellow mustard seeds
- 1 cup white wine vinegar
- Grated zest and juice from 2 large lemons
- 1/2 cup liquid honey
- 1/4 tsp salt

Finely chop enough sage leaves to measure 1/3 cup and set aside.

Coarsely chop remaining sage leaves and stems to measure 1/2 cup and place in a small stainless steel saucepan with the white wine. Bring to a boil over medium heat, stirring and pressing sage to release flavor. Remove from heat. Cover tightly and let steep for 5 minutes.

Transfer sage infusion to a sieve placed over a glass or stainless steel bowl and press leaves with the back of a spoon to extract all the liquid. Discard solids and return liquid to saucepan. Add mustard seeds. Cover and let stand at room temperature until the seeds have absorbed most of the moisture, about 2 hours.

In a blender or food processor fitted with a metal blade, combine marinated mustard seeds (with liquid) and vinegar. Process until blended and most seeds are well chopped (you want to retain a slightly grainy texture).

Transfer the mixture to a stainless-steel saucepan and add lemon zest, lemon juice, and honey, salt and reserved finely chopped sage. Bring to a boil over high heat, stirring constantly. Reduce heat to low and boil gently, stirring frequently, until volume is reduced by a third, about 20 minutes.

Ladle hot mustard into hot jars, leaving 1/4 inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot mustard. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.

Place jars in canner, ensuring they are completely covered with water (1 inch above tops of jars). Bring to a boil and process for 10 minutes, adjusting for altitude. Wait 5 minutes then remove jars, cool and store properly.

Source: *Ball Complete Book of Home Food Preservation/2006*

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