

Easy Homemade Mustard Three Ways

Hands-on 10-15 minutes Overall 10-15 minutes

Nutritional values (per serving, 1 tbsp/ 15 ml): Total carbs: 1.3 g, Fiber: 0.5 g,

Net carbs: 0.8 g, Protein: 1 g, Fat: 1.7 g, Calories: 29 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes about 2 cups, 480 ml)

Basic Yellow Mustard:

- 1 cup mustard powder (120 g/ 4.2 oz)
- 1 medium or 2 small white onion (110 g/ 3.9 oz)
- 2 cloves garlic, sliced
- 1/4 cup white wine vinegar (60 ml)
- 1/2 cup water (120 ml)
- 1 cup dry white wine (240 ml) or 1/4 cup white wine vinegar + 3/4 cup water (*do not substitute wine if making Dijon mustard*)
- 1 tbsp extra virgin olive oil (15 ml)
- 1 tsp pink Himalayan salt or sea salt
- Optional:* 5 drops stevia or more to taste

For Dijon Mustard, add:

- 2-5 dashes tabasco
- 1 tsp turmeric
- pinch of black or white pepper (*significantly improves absorption of turmeric*)

For Wholegrain Mustard:

- only 1/2 cup mustard powder (60 g/ 2.1 oz)
- add 3/4 cup mustard seeds, whole (120 g/ 4.2 oz) - *I used a mixture of yellow and brown*

Instructions

- For classic Yellow Mustard and Dijon Mustard:** Peel and roughly chop the onion and garlic and place in a non-reactive saucepan.
What is a non-reactive saucepan? It's a saucepan made of a material that will not react with acidic ingredients. For example, stainless-steel is non-reactive, whereas copper is a reactive material that will easily become worn off if used with acidic ingredients (lemon juice, vinegar, etc.).

- Pour in the white wine, white wine vinegar and water and bring to boil over medium heat. Simmer for just about 5 minutes.
- Cool, strain and discard the solids.
- Place the mustard powder into a saucepan and add the strained liquid. Mix until well combined. Cook over low-medium heat until it thickens.
- Add stevia (if used), extra virgin olive oil and season with salt. If you're making Dijon mustard, also add the turmeric and tabasco and blend in well. Place in a jar and keep refrigerated for up to 6 months. The mustard will taste best after a few weeks of "ageing".
- For Wholegrain Mustard:** Instead of 1 cup of mustard powder, use just half of it.
- In a blender, roughly blend the mustard seeds. Do not over-process.
- Follow the same steps as for the yellow mustard. Again, you will need to keep the mustard in the fridge for about 2 weeks before it's ready.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)