

## A recipe for rocket and honey wholegrain mustard

Making mustard may sound complicated but the simplicity of this recipe is pretty impressive. Delicious when spread onto a simple ham sandwich or served in the [Le Creuset Mustard Jar](#) alongside roast pork but beware, it has quite a sharp bite!

### **Ingredients for approximately 300ml**

6 Tbsp mustard seeds  
1/2 cup mustard powder  
2 tsp salt  
2 Tbsp honey  
3 Tbsp white wine vinegar  
1/4 cup finely chopped fresh rocket  
1/2 cup water

### **Method**

1. Using a [pestle and mortar](#), lightly grind the mustard seeds for a couple of seconds. You can also quickly blitz the seeds in a food processor. The seeds must remain largely whole, so don't overdo it.
2. Place the lightly ground mustard seeds in a small bowl and add the mustard powder, salt, honey, vinegar, chopped rocket and water. Using a fork or mini whisk, mix everything together thoroughly.
3. Pour into the [Le Creuset Mustard Pot](#) and place in the refrigerator for at least 24 hours before serving. The mustard will thicken over time when the half-crushed seeds absorb the liquid in the mixture.