

## Homemade Finnish Mustard

Mustard only comes in garish-yellow plastic squeeze bottles and pricey shelf-stable jars, yes? No more! Here's a homemade mustard for special occasions, made with just a few pantry ingredients and a quick stir on the stove.



Tessa Kiros is a delightful cook with a Finnish mother and a Greek-Cypriot father. She grew up in South Africa, inheriting Scandinavian dishes from her mother, Greek food from her father's side, cooked in London, and now lives in Tuscany! This delicious mustard recipe is from her colourful cookbook, **"Falling Cloudberries"**. This will keep for a few weeks in a jar in the fridge, and goes with almost everything: meat sandwiches, roast ham, smoked sausages, gravadax.

For a sweet-hot, soft and smoothable mustard, make this an hour or two before serving. Once refrigerated, the mustard thickens and its heat moderates. It will soften again if left out but not as much as at first.

## HOMEMADE FINNISH MUSTARD RECIPE

Hands-on time: 20 minutes

Time to table: 1 hour

Makes 1-1/2 cups

- 5 tablespoons hot dry mustard powder (such as [Colman's English Mustard](#))
- 1/2 cup sugar
- 1 teaspoon [table salt](#)
- 1 cup cream
- 1 tablespoon olive oil
- 2 tablespoons apple cider vinegar
- Juice of half a lemon (about 1 tablespoon)

In a bowl, smash together the mustard, sugar and salt with the back of a spoon, working out all the lumps and combining thoroughly. Transfer to a medium saucepan and set heat to medium low. A tablespoon at a time, add the cream, incorporating each spoonful before adding another. Stir in the remaining ingredients and bring to a boil, stirring nearly constantly. When it boils, cook at a low boil for 7 to 8 minutes, stirring often, until the mixture thickens and darkens a bit. Let cool and transfer to a serving container or glass jar for the refrigerator. Will keep a week or so.

NUTRITION ESTIMATE Per Tablespoon: 55Cal; 4g Tot Fat; 2g Sat Fat; 13mg Cholesterol; 100mg Sodium; 5g Carb; 0g Fiber; 4g Sugar; 0g Protein; Weight Watchers 1 point

Adapted from [Falling Cloudberries](#), one of my two favorite new cookbooks this summer, more recipes to come!

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