



## **Once upon a time there was... mustard!**

We have been eating mustard and mustard seed for centuries. Mustard has a rich history - and we are planning on adding a wonderful future! The origin of mustard seed lies in the Far East. And even today, mustard seed is used splendidly in the Eastern cuisine. In India for instance, mustard seed and its oil is a spicy ingredient in a range of dishes. In Europe the Romans were the first ones to make use of the mustard seeds. They laid the groundwork for the manner we are using mustard nowadays. Moreover, the Romans were true “mustard exporters”: wherever they went, they took their mustard seed with them and learnt other cultures to grow and harvest mustard. And eventually we, in the Netherlands, got acquainted with mustard and its appliances. The first traces of mustard stem from the 13<sup>th</sup> century, found in Dordrecht, located in the southwest of the Netherlands.

Mustard seed belongs to the family of finials (flowers), in Latin “the Brassicacea”. Most winter vegetables, such as sprouts and broccoli, also belong to the finials. Mustard inspires much folk wisdom. In Dutch, “mustard after the meal” means “too little, too late” in English. Furthermore, in writings of the great world religions there is much discussed about mustard seeds - in the Koran, in the Thora, in the Bible, and as well in Buddhist writings.

Even artists get their inspiration from mustard! The Dutch artist Rembrandt once made a suitable etching because of a bet with the former Mayor of Amsterdam (source: [www.rijksmuseum.nl](http://www.rijksmuseum.nl)). Also, the portrait of princes Beatrix presented here is painted with mustard and only later graphically edited by publisher Miller Books for our book ‘Cooking with Mustard’. Unfortunately, the original paintings have dried out and crumbled but luckily we still have the pictures to remind us of the mustard-craft!

## **Making mustard**

To make mustard, one has to mix mustard seed with water, vinegar and salt and grind that mixture into dough. When the dough will mature, one can easily smell the specific mustard scent and one’s eyes start to tingle. This is because the ethereal mustard oil is released. It is the oil that creates the authentic spicy taste. Because of the ethereal nature of the oil, one has to be very quick to contain this rich flavor in the mustard. Therefore, the mustard has to be packaged as soon as possible when the maturing process has finished. Will it be in a jar, a tube, a squeeze bottle... a tight lid is essential!

Every mustard recipe knows a unique mustard seed-ratio. Hence, the flavor of the mustard variant depends on this ratio: from very sharp and spicy to mild or even sweet. The following variants are very spicy: ‘Dijon Mustard’, ‘Groningen Mustard’ and ‘Raw Mustard’. The Dijon Mustard is sharp and tingles your senses. A milder variant is the French mustard and for who prefers a soft and sweet variant we make honey mustard. However, we always like to keep experimenting with new variants: Antigua Mustard is not too spicy and not too soft because of the dash of wine we have added. This makes Antigua Mustard slightly sour and full of aroma. A whole new mustard experience!



## **Preserving mustard**

Daylight and oxygen are two variables who work against the preservation of mustard. For this reason, one should preserve mustard in a dark and cool area! Sometimes a small layer of fluid floats on the surface of a new opened jar. This is actually normal. Through stirring the mustard the fluid will be absorbed in the mustard, giving back its traditional taste you are used to.

## **Consuming mustard**

Mustard is highly versatile, as an ultimate flavor enricher with a sausage sandwich or a lump of cheese, but also as an ingredient for a broad range of dishes. Top chefs know: mustard is essential in the kitchen. Jamie Oliver begins in one of his cookbooks with a list of basic but essential ingredients - and naturally, mustard is part of the list. Mustard is also in the food industry an appreciated ingredient. From sauces- and dressing- to meal manufacturers... everyone uses mustard.

Mustard is known to be healthy. Traditionally, mustard has a positive effect on the digestion of fat which is why it accompanied meals with a high percentage of fat. This serves them right... mustard functions as an excellent fat processor! An explanation: when you eat the food, it disappears into your stomach. From the liver, digestive juices reach the stomach and these lipolytic enzymes break down the fat molecules. If you eat mustard alongside the dish, the contents of your stomach will be more decomposed. As a result, the enzymes can easily make contact with the lipids (fats) resulting in an easier digestion and the food will be less heavy on your stomach. Mustard is the perfect emulsifier! Want try for yourself? What you should do is make two vinaigrettes, one with mustard and one without. Shake both vinaigrettes and pay attention which one remains the longest as an emulsion. A hint: the recipe without mustard will sink quite quickly.

From the contents of your stomach to the content of mustard...! Mustard seed is composed of oils, proteins, carbohydrates, minerals and fibers. Mustard dough works emulsifying, is purely vegetable and rich with omega-3 fatty acids (linolenic acid), potassium and calcium. Because of its essential oils, mustard works antimicrobial (against pathogens), and might work anticarcinogenic (anticancer) (source: TNO literature study 2007, © Marne's Fabrieken BV). The nutritional value of every product is available on the website under "products". What stands out is the low energy value of the products. One portion of mustard contains only 1% of your daily energy intake. If we compare this to for example mayonnaise: one portion of mustard weighs 10 grams, whilst one portion of mayonnaise weighs 35 grams - 3,5 times as much. At the same time that portion of mayonnaise contains 15 times more calories. The only 'sin' mustard is, is the saltiness. Depending on the recipe, 100 grams of mustard contains 1 to 6 grams of salt. However, the mustard is not always eaten as salty as it seems to be served... We make two variants of mustard which contain less salt: 'Marne Honey mustard' and 'Marne Dutch Mustard'. Dijon mustard knows its own unique recipe containing a relatively high amount of salt, but the chance that your salt intake through Dijon mustard will be too high, is fairly small.



**... and the makers of mustard!**

We, from Marne Mustard, make mustard with a passion. We grind mustard on a daily basis with care for the mustard seeds; then it is carefully and in optimal conditions packaged, wherefore it can find its way into the homes of our customers. We work with craftsmanship, we work with pride! Is this same drop of mustard running through your veins? Then we might meet each other on the website or we will receive your favorite recipe in our mailbox soon. Enjoy the Marne Mustard!

