

PICKLED MUSTARD SEEDS

1/3	cup	Whole Mustard Seeds
1/4	cup	Maple Vinegar
1/4	cup	Water
2	Tbsp	Maple Syrup
1	tsp	Salt
1/2	tsp	Turmeric Powder
1/2	tsp	Black Pepper

EQUIPMENT: medium sized non-reactive bowl, medium sized non-reactive saucepan or pot.

Place the mustard seeds, turmeric powder, salt and pepper in the bowl. Combine the Maple Vinegar, water, and honey in your pan. Heat this pickle liquor until just boiling, and pour the hot liquid over the mustard seeds and spices, giving them a good stir to make sure the spices are all submerged and evenly distributed. Let the pickled seeds cool and season to taste with salt. Store the pickled mustard seeds in the fridge, submerged in their liquor for 2 weeks.

These pickled seeds add a great flavor, popping texture and sharp acidity when sprinkled on salad greens and rice bowls. Use them to add some "pow!" to backyard bbq classic hot dogs and burgers, even a bagel with lox and schmear.

