



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Seeded Agave Nectar Mustard (from Sunset magazine)

Makes 1 cup

¼ cup Colman's dry mustard
½ cup white wine vinegar
¼ cup agave nectar
2 teaspoons canola oil
2 tablespoons black or brown mustard seeds
1 large egg
1 teaspoon salt
2½ teaspoons cornstarch

1. Stir together the dry mustard, vinegar, 2 tablespoons water, and agave nectar in a medium metal bowl until smooth. Chill, covered, overnight.
2. Put the oil and mustard seeds in a small frying pan and heat over medium heat, covered. As soon as the mustard seeds start to pop, about 3 minutes, remove from the heat. Let cool.
3. Bring a medium saucepan filled with 1 inch of water to a simmer. To the mustard-vinegar mixture, add the toasted mustard seeds in oil, the egg, salt, and cornstarch and whisk to blend. Set the bowl over the simmering water and cook, whisking constantly, until the mustard thickens, 3 minutes. (Can be made 2 weeks in advance. Cover and refrigerate.)