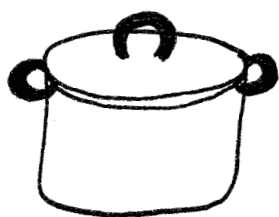
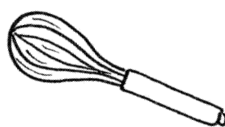


LA MOUTARDE DE BENICHON

USTENSILES



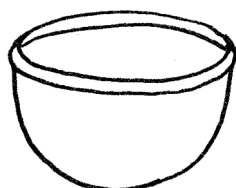
1 grande casserole



1 fouet



1 passoire



1 grand bol



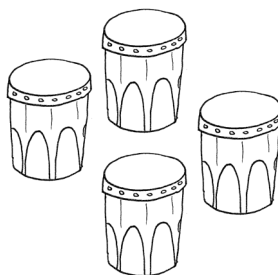
1 linge



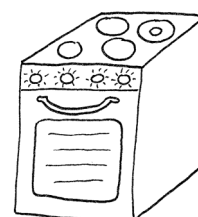
1 pot gradué



1 cuillère à soupe



des pots à confiture



1 cuisinière

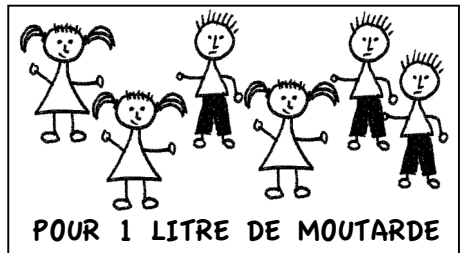


1 petit bol

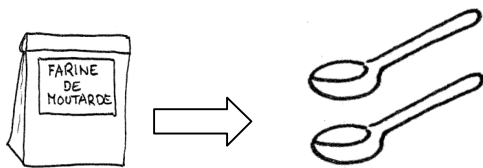


1 balance

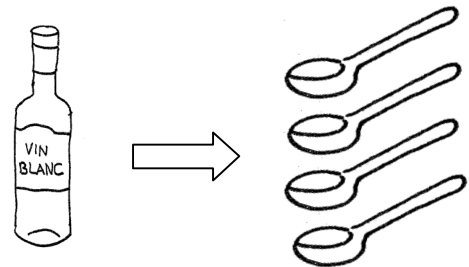
LA MOUTARDE DE BENICHON



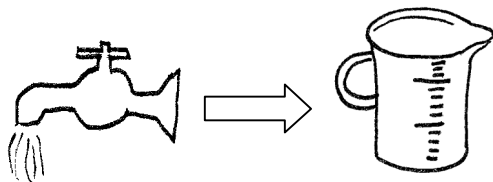
INGREDIENTS



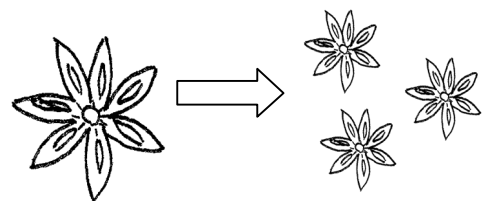
2 cs de farine de moutarde



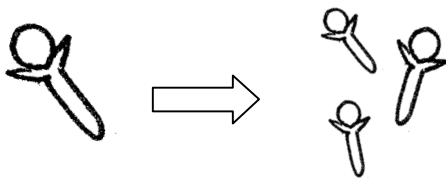
4 cs de vin blanc



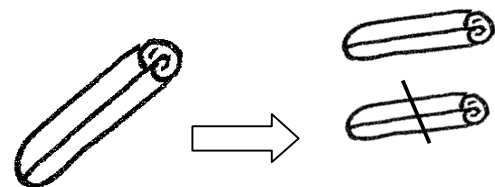
1 litre d'eau



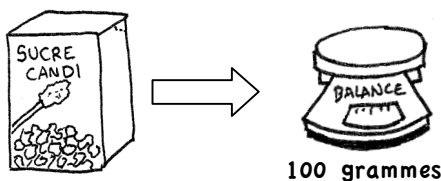
3 anis étoilés



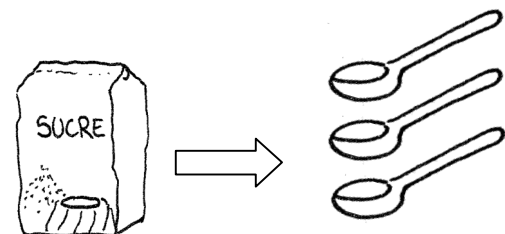
3 clous de girofle



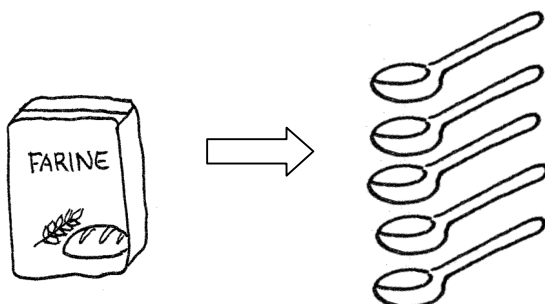
1,5 bâtons de cannelle



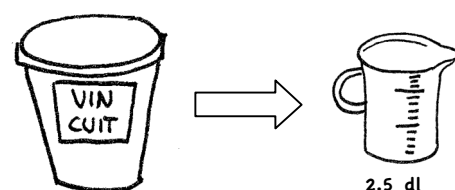
100 g. de sucre candi



3 cs de sucre

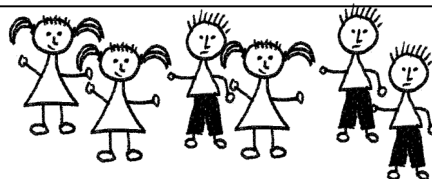


5 cs de farine



2,5 dl de vin cuit

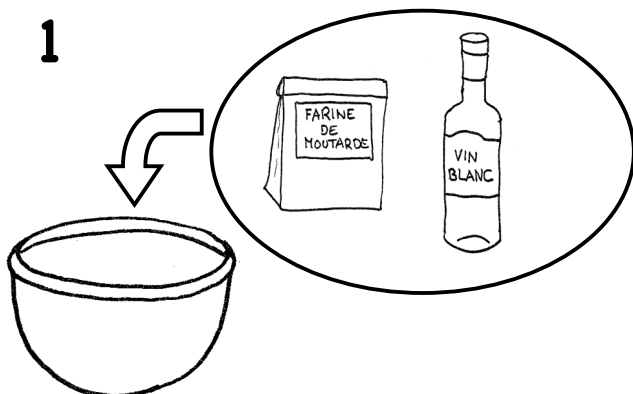
LA MOUTARDE DE BENICHON



POUR 1 LITRE DE MOUTARDE

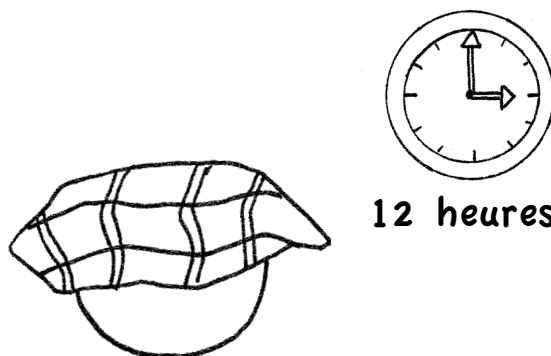
RECETTE

1



Verser la farine de moutarde et le vin blanc dans le grand bol,

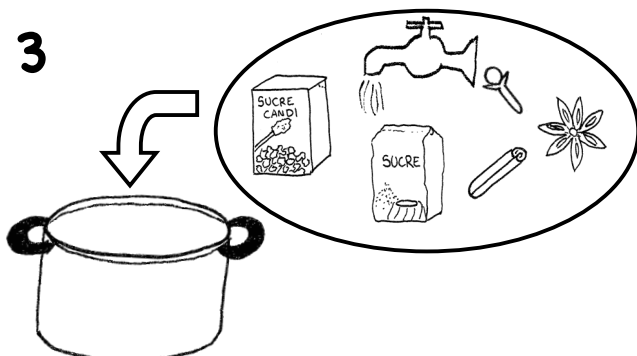
2



12 heures

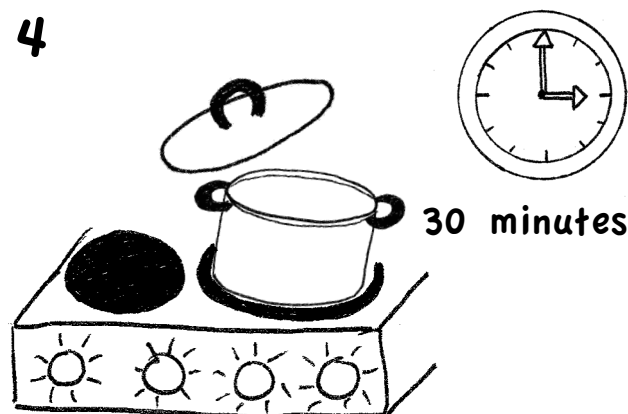
Couvrir et laisser macérer pendant 12 heures.

3



Verser l'eau, l'anis étoilé, les clous de girofle, la cannelle, le sucre candi et le sucre dans la grande casserole.

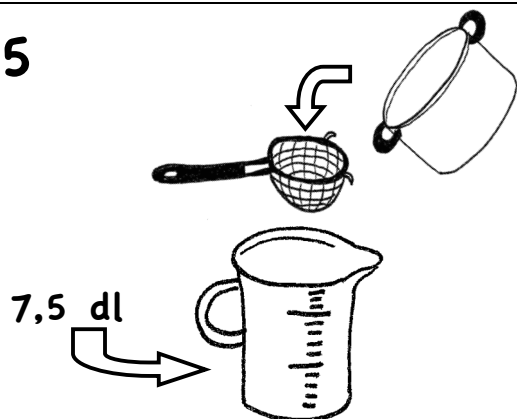
4



30 minutes

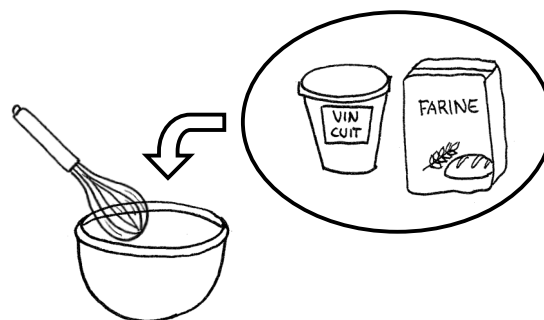
Cuire pendant 30 minutes. Couvrir la moitié du temps.

5



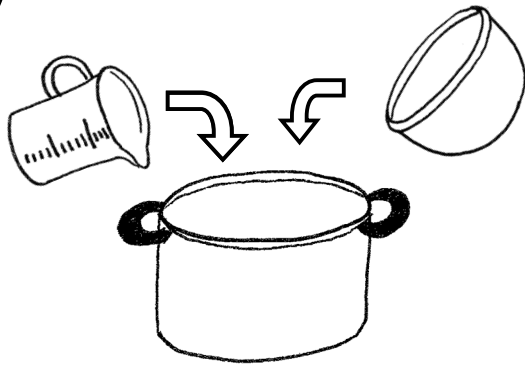
Passer le liquide à la passoire. Il doit rester 7,5 dl de thé.

6



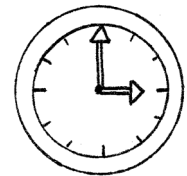
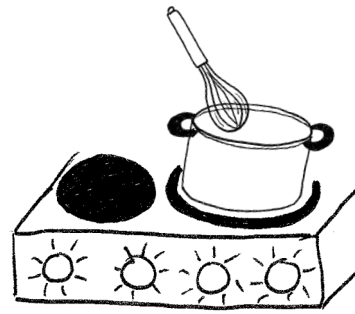
Mélanger le vin cuit et la farine au fouet dans le petit bol.

7



Remettre le thé dans la casserole et ajouter le mélange de vin cuit et de farine.

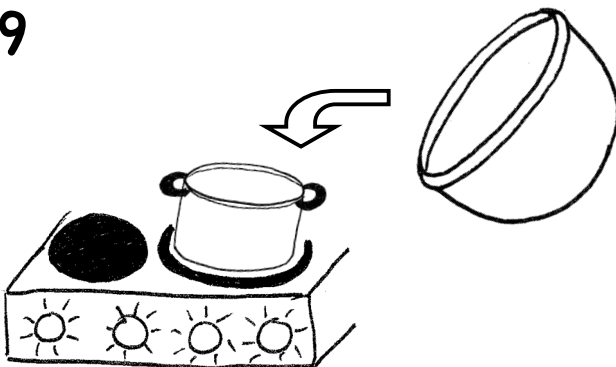
8



5-10 minutes

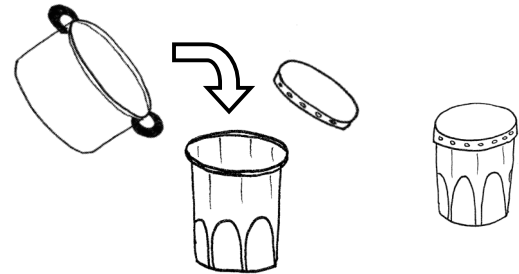
Cuire le tout 5 à 10 min à petit feu jusqu'à la consistance d'une gelée. Remuer régulièrement.

9



Ajouter la moutarde macérée, chauffer et retirer du feu au premier signe d'ébullition.

10



Verser la moutarde bien chaude dans les pots à confiture et fermer aussitôt.

QUELQUES CONSEILS

- . Si l'on veut une moutarde très piquante, on peut augmenter la quantité de moutarde.
- . Lorsque l'on passe le thé, s'il y a moins de 7,5 dl, on peut compléter avec de l'eau.

