



Sarson (mustard seed)



Botanical: *Sinapis alba* (white)

Family: Cruciferae (mustard) - Brassicaceae (cabbage)

Other common names: White Mustard, Yellow Mustard, Pepper Grass, Hedge Mustard

Mustard seed is the seed of the mustard plant, a plant which has been cultivated for centuries for both its greens and seeds. Mustard plants are in the genus *Brassica*, and a number of species including *B. nigra* and *B. juncea* are cultivated for their seeds. Mustard seeds are used as a spice in many cultures, and they can be found in a wide of dishes. Many people are also familiar with the mustard seed in the form of the condiment mustard, which is made from ground and typically pickled mustard seeds.

Origin of Mustard Seeds

Although the exact origin of mustard seeds is relatively unknown, it is believed that these seeds must have been used in the form of spices by the French during 800 AD. So popular were these seeds, that the Spanish explorers took them while on voyage throughout the entire 1400s. The mustard seeds find their place in many ancient Sanskrit writings, written around 5000 year ago. In the New Testament, the grain of a mustard seed has been compared with the kingdom of heaven. The contemporary mustard condiments were originally developed by the Ancient Romans using these mustard seeds. Mustard seeds were used in medicines by many physicians, including Hippocrates, the father of medicine.

Plant Description and Cultivation

An erect herbaceous annual. The white variety (*B. alba*) is hardy, growing to 80 cm (30 in), with hairy stems and lobed leaves. The bright yellow flowers yield hairy fruit pods, 2.5 - 5 cm (1-2 in) long, each containing about six seeds.

Black mustard (*B. nigra*) is a larger plant than the white, reaching to 1 m (39 in). Some varieties reach double this height. The flowers are smaller, as are the fruit pods at 2 cm (3/4 in) long. The pods are smooth and bulging, containing about a dozen seeds. Because of its height black mustard does not lend itself well to mechanical harvesting and since the seed is readily shed when ripe, there is too much waste for most commercial growers. As a result it has almost completely been replaced by the brown variety. Brown mustard (*B. juncea*) is similar to black mustard in size. It is the rai of India. The leaves are ovate and the pods are 3 -5 cm (1-1/4 to 2 in) long. Mustard pods must be harvested before they burst, that is when they are nearly fully developed but not ripe.

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Types of Mustard Seeds

* Black Mustard:

Also known as brassica nigra, nigra being the Latin word for black. These seeds have a very strong and distinct flavor, thus making them very popular in Indian and Southeast Asian dishes

* Brown Mustard:

This variety is also known as brassica juncea. The term 'juncea' means rush-like. The brown mustard seeds first originated in the Himalayas. They are used as garnish but before that they are toasted or fried a little in oil

* White Mustard:

They are known as Sinapis Alba/B. Hirta alba meaning white. The seeds are light tanned, and slowly end up as bright yellow mustard. These are mainly used in picklings and marinades

Culinary Uses

Whole white mustard seed is used in pickling spice and in spice mixtures for cooking meats and seafood. It adds piquancy to Sauerkraut and is sometimes used in marinades. In India, whole seeds are fried in ghee until the seed pops, producing a milder nutty flavour that is useful as a garnish or seasoning for other Indian dishes. The brown seed is also pounded with other spices in the preparation of curry powders and pastes. Mustard oil is made from B. juncea, providing a piquant oil widely used in India in the same way as ghee. Powdered mustard acts as an emulsifier in the preparation of mayonnaise and salad dressings. Powdered mustard is also useful for flavouring barbecue sauces, baked beans, many meat dishes, deviled eggs, beets and succotash. There are many ready-made mustards from mild and sweet to sharp and strong. They can be smooth or coarse and flavoured with a wide variety of herbs, spices and liquids.

American ballpark-style mustard is made from the white seeds and blended with sugar and vinegar and coloured with turmeric.

Bordeaux mustard is made from black seeds blended with unfermented wine. The seeds are not husked, producing a strong, aromatic, dark brown mustard often flavoured with tarragon.

Dijon mustard is made from the husked black seeds blended with wine, salt and spices. It is pale yellow and varies from mild to very hot. This is the mustard generally used in classic French mustard sauces, salad dressings and mayonnaise.

English mustard is hot, made from white seeds and is sometimes mixed with wheat flour for bulk and turmeric for colour.

German mustard is usually a smooth blend of vinegar and black mustard, varying in strength. Weisswurstsenf is a coarse grained, pale, mild mustard made to accompany veal sausages like Bratwurst.

Meaux mustard is the partly crushed, partly ground black seed mixed with vinegar, producing a crunchy, hot mustard that perks up bland foods.



Other Names

White Black Brown
Yellow Mustard (US)
French: moutarde blanche
German: Senf, Weisser Senf
Italian: senape bianca
Spanish: mostaza silvestre

Brown mustard (UK), Grocer's mustard

French: moutarde noire
German: Schwarzer Senf
Italian: senape nera
Spanish: mostaza negra
Chinese: Banarsi rai, rai, kurva teil (oil)
Indian: Banarsi rai, rai, kurva teil (oil)
Japanese: karashi
Malay: diji savi
Sinhalese: abba

Indian Mustard

French: moutarde de Chine
German: Indischer Senf
Italian: senape Indiana
Spanish: mostaza India
Indian: kimcea, Phari rai, rai



Health Benefits of Mustard Seeds

Mustard Seed has long been relied upon to improve the digestive system and to promote a healthy appetite. As an irritant, Mustard stimulates the gastric mucous membrane and increases the flow of gastric juices (also having some effect on pancreatic secretions), all of which help to advance good digestion. Herbalists have also used Mustard Seed to relieve obstinate hiccups.

The mucilage content in Mustard Seed may help to calm an upset stomach due to acid indigestion and also produces a laxative action.

Mustard Seed is a stimulant that warms and invigorates the circulatory system, encourages blood flow, and is also said to aid in the metabolism of fat in the body. It is also considered a diaphoretic, an agent that helps to increase perspiration, which can lower fever and cleanse toxins from the body through the skin. This factor is also useful for colds and flu.

One of the oldest uses of Mustard Seed has been as an emetic, a medicine that provokes vomiting. This is especially valuable when used in narcotic poisoning when it is desirable to empty the stomach without the accompanying depletion and depression of the system.

Used externally, Mustard Seeds are famous for their rubefacient properties by dilating the blood vessels and increasing the blood flow toward the surface of the skin, warming and reddening the affected area and encouraging the removal of toxins. Poultices and Mustard plasters are a tried-and-true remedy to relieve the pain of arthritic joints, rheumatism, sciatica, neuralgia, neck pain, backache, "charley horse," and muscle pain.

Mustard Seed's topical use also extends to the relief of respiratory infections when used in baths, poultices, and plasters. Mustard Seed helps treat bronchitis, chest congestion, pneumonia, croup, and pleurisy.

History

Highly valued for its oil content, the Mustard plant was well known to the ancients and was even mentioned five times in the New Testament, once as "the greatest among herbs." Mustard is a hardy annual plant that is widely cultivated and also found growing wild in many parts of the world, including the fields and waste places of North America (except the far northern parts). It may grow to a height of eight feet. There are many Mustards - Brassica nigra (black), Sinapis alba (white), Brassica juncea (brown) - and they have provided pungent flavorings, green vegetables and medicinal compounds dating back to at least 400 B.C., in the West and were first mentioned in herbal medicine in China in A.D. 659. The Greek physician, Dioscorides, used Mustard as an emetic, and Pliny the Elder (23-79) noted in his Historia Naturalis that Mustard grew everywhere in Italy and was not only a great boon to cuisine, but he also listed forty medical remedies with Mustard as the chief ingredient. Mustard's name is derived from the Latin, mustum, the new wine that Romans mixed with the seed, and ardens, meaning "fiery." Mustard was believed to have strong aphrodisiac powers and was included in love potions to stimulate passion. In The English Physitian Enlarged (1653), the herbalist, Culpeper, highly recommended Mustard Seed for weak stomachs, toothache, joint pains, skin problems and a "crick in the neck." In England, in 1699, John Evelyn claimed that Mustard Seed strengthened the memory, revived the spirits and expelled heaviness. Mustard plasters and poultices have been continually used since ancient times to cure chest congestion, bronchitis and pneumonia, and also to relieve arthritis, rheumatism and muscle soreness. At one time surgeons disinfected their hands with Mustard paste, and it has even been administered in footbaths to clear congestion in the head. The pungency of Mustard develops when cold water is added to the ground seed; an enzyme (myrosin) acts on a glycoside (sinigrin) to produce the sulfur compound, allyl isothiocyanate. Aside from the volatile oil, Mustard also contains mucilage, sinapine and protein. As a spice commodity, Mustard is second only to pepper in world trade.

Recipe using Mustard Seeds

One of the most popular recipe used in making mustard seeds is the ginger & yogurt chutney. It not only tastes great, but also aids in proper digestion. The ingredients required for making the ginger & yogurt chutney are:

- *½ cup ginger (finely grated)
- *½ teaspoon mustard seeds
- *Salt as per taste
- *½ cup plain yogurt
- *Few green chillies
- *1 tablespoon vegetable oil
- *1 dried red chili pepper (halved)
- *Some curry leaves.



Methodology

Put ginger, green chillies, salt and two spoons of water in blender and grind them to make a thick and smooth puree. Add yogurt in the puree and stir it well. Now add some oil in a pan and heat it. Add mustard seeds in the heated oil. After some time, as the seeds start spluttering, add the halved red chili pepper and curry leaves. Remove them from the gas and pour them over the puree and stir well.

Preparation and Storage

Whole seeds are included in most pickling spices. Seeds can also be toasted whole and used in some dishes. Powdered mustard is usually made from white mustard seed and is often called mustard flour. When dry, it is as bland as cornstarch — mixed with cool water its pungency emerges after a glucoside and an enzyme have a chance to combine in a chemical reaction (about ten minutes). Don't use hot water as it will kill the enzyme and using vinegar will stop the reaction so that its full flavour will not develop. Once the essential oils have formed, then other ingredients can be added to enhance the taste: grape juice, lemon or lime juice, vinegar, beer, cider or wine, salt, herbs, etc.

Quality Assurance

We are a quality focused company with a emphasis on providing hygienic and top end quality products to our customers. Our organization follows a zero tolerance policy when it comes to the quality of the foodstuffs. The equipments and machinery we have installed in our factory for production and to test quality standards stand testimony to our quality policy.

* We are one of the few spice exporters in India to offer spices conforming to the important physical, chemical and microbiological parameters as per international standards of European and American markets.

* We can steam and sterilize spices to control micro contamination in spices to required levels.

* Our procurement processes are detailed and supervised by a team of professionals who are experts in their field. Products are released in the market after due diligence on product quality.

* We make all efforts to achieve our goal of complete customer satisfaction.

Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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