

TASK 1

(Candidate's Name)

This document has already been keyed in. Please check, make amendments shown and fully justify.

trs Background Information ← CAPS and bold  
 ↳ The Mustard Seed

↳ Leave only 1 line space

Mustard is thought to have originated in Ancient Egypt and been <sup>exported to Europe</sup> introduced to other countries by the Romans, who used it for food and medicine. It has been one of the most widely grown and used spices in the world for many centuries.

run on close up ↳ The Chinese were using mustard thousands of years ago and the ancient Greeks considered it an every day spice.

Seeds come in three varieties – white, black and brown.

Native to the Mediterranean region white mustard is a round hard seed, beige or pale yellow coloured. Its light outer skin is removed before sale. Because of its milder flavour and preservative qualities it is most often used whole, either added to marinades or for pickling.

↳ dark NP Black mustard is a round hard seed, varying in colour from brown to black, smaller and much more pungent than the white. It is used extensively in Indian cooking, giving bite to curries. Brown mustard is similar in size to the black variety and varies in colour from light to dark brown. It is more pungent than the white but less than the black. This is the one used to make Dijon style mustard.

trs # ↳ Mustard flour mills are based mainly in Canada, Berlin, America and Norwich in England. America is the largest consumer of mustard and most of the mustard seed used in the United States is imported from Canada.