

## In one of the oldest mustard mills dating back to 1810

...we manufacture excellent gourmet mustards according to select and historical recipes and techniques.

Look over the shoulders of our millers and experience first-hand how mustard is made in this historic mustard mill.

**A visit  
well worth your time!**

## Cold ground!

525 kg millstones rotate in the so-called cold grinding method. The valuable content of the entire mustard seed, including all its essential oils and the full value of its natural substances, is retained. The daily yield amounts to 180kg.

We exclusively use natural spices and no flavourings, dyes or flavour enhancers. In addition, our mustard is free from sulphur dioxide (E224).

Kept in our original salt-glazed ceramic crocks, our mustard has a shelf life of up to 2 years.

It does not require refrigeration - it is sufficient to store it in a kitchen cupboard.



## Characteristics of mustard

- Mustard activates the production of saliva and digestive fluids, thus acting as an appetizer and a digestif.
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- Mustard makes fattier foods more digestible.
- Mustard aids in regulating cholesterol and blood pressure levels.
- Mustard inhibits the growth and spread of bacteria.
- In experiments mustard has even been shown to inhibit the growth of cancer cells, as the mustard oils activate the body's own detoxifying mechanisms.
- Only 5g delivers the daily recommended allowance.

**Our motto:  
Quality, not quantity**

### Opening Hours:

Monday - Sunday and on holidays  
from 10am to 6pm

**Free Mustard-Tasting  
& Sales**

Daily guided tours at

11am / 2pm / 3pm / 4pm

Duration of tour: approx. 1/2 hour

Special tours for 18 or more people

10am / 12pm / 1pm

(by previous arrangement only)



**Cochemer  
Senfmühle**

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**Cochemer  
Senfmühle**

**Manufacturing  
mustard museum**



Known from Radio and TV

# Our Mustards

## Historical Mustard

The classic, an original recipe from 1820. A medium-hot mustard, to be used universally. With all hot and cold dishes. It provides sauces with a spicy touch and should be in every kitchen!

## Garlic Mustard

With ground garlic. Medium-hot mustard, especially tasty with lamb and mutton, pork and beef roast, sausages, gyros, moussaka, cevapcici and in salad dressings.

## Indian Curry Mustard

Medium-hot - Ideal with poultry, fish in curry sauce, light cream sauces, Indian pork curry, mutton pilaf, fondue dips and white meat.

## Honey-Mustard

20% honey (the mustard miller's specialty). Hearty yet sweet. A culinary delight with fresh smoked salmon. 1-2 teaspoons in salad dressings. Delicious with poultry, meat and fish gravies, cheese, pineapple and Bavarian white sausage.

## Wild Garlic Mustard

Medium hot - Ideal with mince-meat, grilled meats, roast, lamb and mutton. Goes well with mild cheeses, cold-cut platters. Good for hearty stews.

## Riesling Mustard "Cochem"

Medium-hot - Our Riesling mustard "Cochem" - especially good with filet of pikeperch, cheese, cold roast and game.

## Cayenne Mustard

Hot - THE mustard for barbecues and everything grilled. Good for dark and light sauces and gravies, hamburgers and sausages, fish and seafood stews, egg dishes, meaty stews, fricassees and sauces. Hearty dishes like chili con carne. Especially good on roast.

## Mill Mustard

Christmassy, with gingerbread spices. Original recipe from the 15th century. Manufactured as in mediaeval monasteries, with wine. Ideal with game dishes and "Sauerbraten," goose and duck roast.

## Original Cologne Mustard

A very aromatic mustard for bratwurst and other sausages, cold-cut platters. Also ideal for barbecues, blood sausage and "Halve Hahn" (cheese on rye bun).



## ... and more



Made exclusively for us in 100ml and 500ml ceramic bottles

**The Mustard Miller's Fine Spirits 40% vol.**  
Spirits distilled according to a traditional recipe.

**The Mustard Miller's Mustard-Herb Liqueur 18% vol.**

**Mustard Spreads  
Mustard Sausage**

... and much more

## How to order our mustard:

### ORDER-SERVICE

**Historische Senfmühle Dehren GmbH**  
Raiffeisenstr. 10 · 54568 Gerolstein

Tel. +49 (0) 65 91 - 98 23 98

Fax +49 (0) 65 91 - 98 23 97

[shop@senfmuehle.net](mailto:shop@senfmuehle.net)

### Our Shop on the Internet:

[www.senfmuehle.net](http://www.senfmuehle.net)

### DELIVERIES:

For deliveries over 26 €, delivered to your doorstep within Germany. For EU member countries, COD only + foreign shipping & handling

Delivery in packs of 4, 6, 8, 12, 18 or 30

### Combination of Mustards Your Choice!



### The Mustard Miller's Recommendation:

Our original salt-glazed ceramic crocks can be refilled at reduced cost at the Historic Mustard Mill in Cochem or in The Mustard Mill in Cologne.



## The History ...

The origins of the mustard mills date back to the 18th century. They are two of the oldest mustard mills in Europe. The original site of the mills is unknown.

In 1931, the mills were restored and reinstated in Belgium. Over time they were sold away to Holland, where they were decommissioned in 1993.

By chance we were able to obtain these technical monuments. They were in very bad condition. At great cost of time and energy, they were lovingly restored and technically refurbished.

On May 1, 2001, we opened our first manufacturing mustard museum in Cochem.

After very work-intensive restoration, a second historic mustard mill in Cologne from 1810 was commissioned in 2009, opposite the chocolate museum at the "Holzmarkt."

The mustard mills were now reinstated so that the whole range of production could be demonstrated.

Today these two old mills once again manufacture the finest of cold ground gourmet mustard. Two original recipes from the 15th century and 1820 serve as a basis for the mustards. A company secret. Our aim is to produce mustard that reflects the history of the mills it is manufactured in.

For our mustards' top quality we have been awarded 5 gold and one silver medal from the DLG as well as being inducted into the "International Convenience Top Ten Companies."

In June 2009 our Cayenne Mustard received a rating of "very good" from the agency "Öko-Test."

### Quality, not Quanti

Your Mustard mills team



Unique in the Rhineland-Palatinate · Open year-round!