

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

... mustard miller Wolfgang Steffens produces outstanding gourmet mustards, using selective and historic recipes and procedures.

Peek over the mustard miller's shoulder and see for yourself how mustard is made in this old mustard mill.

A visit well worth your time!

## Cold ground!

525kg millstones grind during the cold grinding method. The valuable content of the entire mustard seed, with all its essential oils and natural characteristics, is retained.

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.



- 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 of mustard delivers the daily recommended allow



### For mustard lovers!

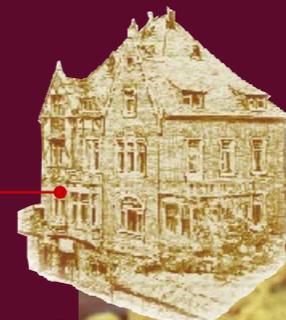
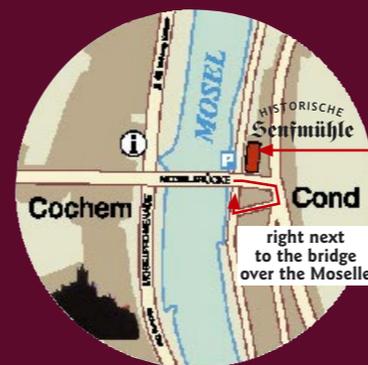
"3.000 years of mustard history" The comprehensive historical reference book, summarized by mustard miller Wolfgang Miller.

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!



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HISTORISCHE  
**Senfmühle**  
Anno 1810

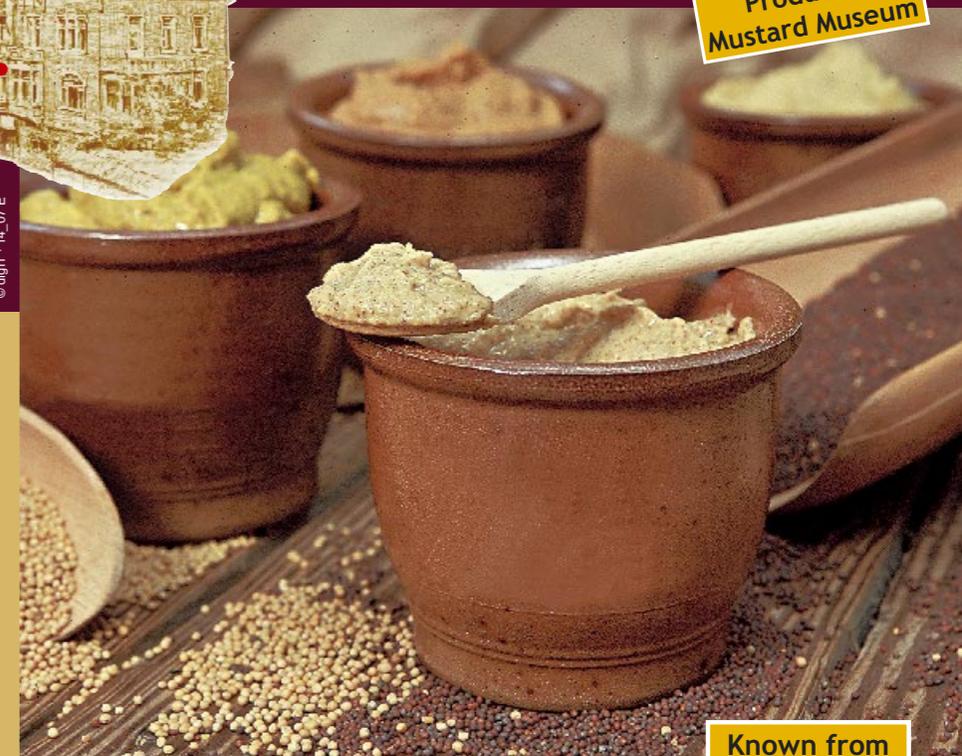
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[www.senfmuehle.net](http://www.senfmuehle.net)



HISTORISCHE  
**Senfmühle**  
Anno 1810  
COCHEM/MOSEL

Producing  
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!

## Riesling Mustard "Cochem"

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

## 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.

## Honey-Mustard

30% 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.

## 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.



## Original Cologne Mustard (with beer)

A very aromatic mustard for sausages, cold-cut platters. Also ideal for barbecues and blood sausage dishes and cheese sandwiches. Made with original beer from Cologne.



... and more



## The Mustard Miller's Mustard Cookbook

230 original recipes with mustard, selected by mustard miller Wolfgang Steffens

Made exclusively for us in 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  
Hearty Mustard Cured Sausages

Mustardseed Oil  
Mustard Sausage

... and much more



# How to order our mustard:

## Order Service

Wolfgang Steffens GmbH

Raiffeisenstr. 10 · 54568 Gerolstein

Phon 049 - 65 91 - 98 23 98

Fax 049 - 65 91 - 98 23 97

shop@senfmuehle.net

Our Shop on the Internet:

www.senfmuehle.net

## Deliveries:

For deliveries over 26 €, delivered to your doorstep within

Germany. For EU member countries, COD only + foreign

shipping & handling

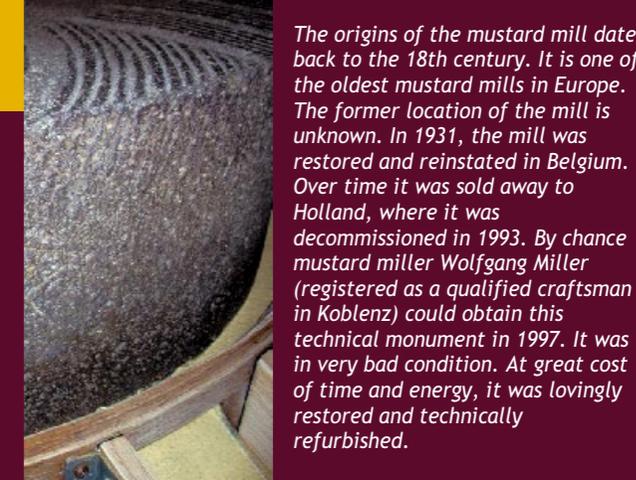
Delivery in packs of 4, 6, 8, 12, 18 or 30

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 origins of the mustard mill date back to the 18th century. It is one of the oldest mustard mills in Europe. The former location of the mill is unknown. In 1931, the mill was restored and reinstated in Belgium. Over time it was sold away to Holland, where it was decommissioned in 1993. By chance mustard miller Wolfgang Miller (registered as a qualified craftsman in Koblenz) could obtain this technical monument in 1997. It was in very bad condition. At great cost of time and energy, it was lovingly restored and technically refurbished.

# Our History ...



Wolfgang Steffens began his retail enterprise on April 1, 1999 in Birgel in the Eifel before he moved to Cochem. Along with his business partner Bernd Dehren from Gerolstein, he opened an operating mustard museum in Cochem-Cond, directly next to the Moselle Bridge, on May 1, 2001. The mustard mill was now reinstated so that the whole range of production can be demonstrated. Today the old mustard mill once again produces fine cold-ground mustards.

Two original recipes from the 15th century and 1820 serve as a basis for the mustards. A company secret. The aim is to produce mustard as it was made at the time of the mill's first use. After the very work-intensive restoration of a second mustard mill from 1810, mustard miller Wolfgang Steffens opened a further operating mustard museum in Cologne.

»Quality before quantity«

Our gourmet mustard is as unique as people themselves.

Your Mustard Miller,  
Wolfgang Steffens

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