

Recipe supplied by



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Piccalilli

A classic English pickle made using lightly pickled vegetables with a spicy, aromatic sauce.

Makes 2.2kg - 3 medium preserving jars

INGREDIENTS

- 1 Large Cauliflower, cut into florets
- 2 Large Onions, peeled, quartered and finely sliced (or use pickling onions)
- 900g Mixed Vegetables (Courgettes, Runner Beans, Carrots and Green Beans) cut into bite-sized pieces
- 60g Sea Salt
- 225g Granulated Sugar
- 900ml Ready-spiced Pickling Vinegar
- 60g English Mustard Powder
- 2 tbsp Plain Flour
- 1 tbsp Turmeric

Put all the vegetables in a large non-metallic bowl. Dissolve the salt in 1.2Ltr of water and pour the brine over the vegetables. Put a plate on top of the vegetables to keep them submerged and leave for 24 hours.

The next day, drain the vegetables in a colander and rinse in cold water. Bring a large pan of water to the boil, add the vegetables and blanch for 2 minutes. Do not over cook them as they should be crunchy. Drain and refresh in cold water to halt the cooking process.

Put the flour, sugar, turmeric and mustard powder in a small bowl and mix in a little of the vinegar to make a paste. Put it in a large stainless steel saucepan along with the remaining vinegar, bring to the boil and stir continuously.

Reduce the heat and simmer for 15 minutes. Add the vegetables to the sauce and stir well so they are all coated. Ladle into warm sterilised jars with non-metallic or vinegar-proof lids, making sure there are no air gaps, seal and label.

Store in a cool dark place. Allow the flavours to mature for 1 month and refrigerate after opening. Keeps for 6 months if the jar has been processed correctly.



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