

Mixed Pickled

with Cauliflower, Carrots & Bell Peppers

Yield: about 4 standard (340ml) jars

Ingredients

For the brine

- 1 tsp coriander seeds
- ½ tsp each, black/brown and yellow mustard seeds
- ½ tsp cumin seeds
- ½ tsp fennel seeds
- 2 cups apple cider vinegar
- 5 medium cloves garlic, lightly crushed and peeled
- 2,5cm-thick piece of ginger, julienned
- ½ small yellow onion, thinly sliced, lengthwise
- ½ cup sugar
- salt
- 1 tsp black peppercorns
- ½ tsp turmeric powder

Vegetables

- ½ head cauliflower, cut into 2 to 2,5 cm florets (about 4 cups)

- 5 medium carrots, peeled and sliced 1 cm thick on the diagonal (about 2 cups)

- ½ red bell pepper, cut into large dice (about 1 cup)

What to do

To make the brine

1. Put the seeds in a saucepan. Toast the spices over medium heat, swirling the pan occasionally, until fragrant and slightly darkened, about 2 minutes.
2. Add the vinegar, garlic, ginger, onion, sugar, salt, peppercorns and turmeric to the toasted spices.
3. Bring to a boil.

The vegetables

4. Pack the vegetables into clean, sterilised jars.
5. Pour the hot brine over the vegetables, leaving 1 cm headspace.
6. Remove any air bubbles by tapping the side of the jar and poking plastic blade down around the inside of the jars (a trapped air bubble will shatter a jar as it heats during sterilising).
7. Distribute extra brine and the solids among the jars.
8. Carefully put the lids on the jars, tightening only by hand.



Water bath sterilising

9. Place a tea towel at the bottom of a large (stock) pot – on the stove. The tea towel stops the jars from rattling around.
10. Arrange the jars in the pot so they're not touching.
11. Fill with water until it's just below the top of the jars.
12. Bring to a boil and then reduce heat and simmer for 10 minutes.
13. Lift the jars carefully from the water and allow to cool. The jars will seal as they cool.

*Notes:*

- For a quick pickle, use a heat-proof glass dish and pour hot brine over the vegetables and refrigerate for at least 12 hours.
- Don't be tempted to use red onions or colourful heirloom carrots: within a day or so, the vinegar colour leeches the colour out.
- These are ready to eat in one week, but best if kept for longer.
- These pickles keep their crunch and can be stored for a good few months.

