



We try to inspire you to try new things. So let's not feature the obvious pickled asparagus this year (although it is wonderful). Let's pickle something different, but readily available this time of year.

Pickled Cauliflower or Brussel Sprouts

Recipe from http://nchfp.uga.edu/how/can_06/pickled_cauliflower_brussel.html

- 12 cups of 1- to 2-inch cauliflower flowerets or small brussel sprouts
- 4 cups white vinegar (5 percent)
- 2 cups sugar
- 2 cups thinly sliced onions
- 1 cup diced sweet red peppers
- 2 tbsp mustard seed
- 1 tbsp celery seed
- 1 tsp turmeric
- 1 tsp hot red pepper flakes

Yield: About 9 half-pints

Preparation:

Place your clean jars into the canning pot and start heating it to boiling.

Warm new lids in another saucepan. Do not boil, just heat to a simmer.

Procedure: Wash cauliflower flowerets or brussel sprouts (remove stems and blemished outer leaves) and boil in salt water (4 tsp canning salt per gallon of water) for 3 minutes for cauliflower and 4 minutes for brussel sprouts. Drain and cool. Combine vinegar, sugar, onion, diced red pepper, and spices in large saucepan. Bring to a boil and simmer 5 minutes.

Distribute onion and diced pepper among jars. Fill jars with pieces and pickling solution, leaving 1/2-inch headspace.

Using a non-metal utensil, remove air bubbles. Wipe rims clean. Place lids and rings on jars, tightening rings finger tight.

Process in a boiling water bath for
10 minutes at 0-1000 ft
15 minutes at 1000-6000 ft.
20 minutes above 6000ft.

Tip: It is perfectly fine to add some carrot to add some color to your beautiful pickles.

