

Ploughman's Pickle

Season: Summer/Autumn

Makes: Approximately
5 × 250 ml jars

Fresh from the garden: cauliflower, fennel, onions, red capsicums, zucchini

This recipe uses loads of late-summer and autumn produce to create a tasty, colourful pickle that is beautiful on crusty bread, with cheese and ham as part of a traditional ploughman's lunch.

Note: The chopped vegetables need to stand for at least three hours before cooking, so this pickle is best made during a special preserving day.

Equipment:

metric measuring scales, jugs
and spoons
clean tea towel
chopping board
cook's knife
large colander
large preserving pot or deep pan
mixing spoon
small bowl
heat-proof jug, for jarring
sterilised jars with lids*

Ingredients:

500 g zucchini, finely chopped
2 red onions, peeled and finely chopped
1 red capsicum, finely chopped
2 small fennel bulbs, finely chopped
½ small cauliflower, finely chopped
2 tbsp salt
500 ml white wine vinegar, plus
2 tbsp extra for arrowroot
500 g sugar
2 tsp mustard powder
2 tsp turmeric powder
2 tsp arrowroot



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Layer the vegetables into the colander, sprinkling salt between layers, then leave to stand in the sink for at least three hours, allowing the liquid to drain away. Rinse off salt and allow to dry.
3. Bring the vinegar, sugar, mustard powder and turmeric powder to a gentle boil in the pot or deep pan.
4. Add the vegetables, stir and cook for about 20 minutes.
5. Mix the arrowroot with the extra vinegar in the small bowl, then mix through the vegetables and cook for another 2–3 minutes.
6. ***Very carefully pour the pickle into the heat-proof jug and then into sterilised glass jars, screw the lids on tightly, wipe clean and allow to cool.**

* Adult supervision required. To sterilise jars and lids, wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for at least 10 minutes. Drain jars upside down on a clean tea towel and dry them thoroughly in a 150°C oven. Remove the jars from the oven and fill while still hot.