

PICCALILLI

1 Large Cauliflower

450g Pickling Onions, chopped

1.4 litres 2 1/2 pints White Malt Vinegar

900g 2lb Mixed Vegetables diced or cut into 1 inch pieces

Choose from French or Runner Beans, Cucumber, Marrow or Green Tomatoes

2 Fat Cloves of Garlic, Crushed

450g 1 lb Caster Sugar

50g 2 oz Dry Mustard

115g 4 oz Plain Flour Sieved

25g 1 oz Turmeric

1 teaspoon Ground Coriander

2 Teaspoon Salt

In a large preserving pan, simmer the cauliflower and onions in 1.1 litres 2 pints of the Vinegar for 10 minutes

Add the other vegetables, garlic, and sugar and cook for a further 10 minutes

Mix the mustard, flour, spices and salt with the remaining vinegar and add to the cooked vegetables, stirring all the time to prevent lumps forming

Stir well and simmer for a further 10 minutes.

Spoon into cooled sterilised jars and cover with a vinegar proof top

Label and store for 2 weeks before using.