

Piccalilli

Make some homemade piccalilli to serve with cold meats and cheese.

Preparation time - 15 mins

Cooking - 10 minutes plus 4 hrs salting and pickling

Ingredients:

500g cauliflower, cut into small florets
200g courgette, cut into small chunks
100g green beans or French beans, trimmed and cut into small pieces
200g shallots, peeled and cut into small chunks
600ml malt vinegar
3 tbsp English mustard powder
1 tbsp coriander seeds
2 tbsp black or yellow mustard seeds
2 tsp cumin seeds
1 tsp turmeric
4 tbsp plain flour
200g caster sugar
2 bay leaves

Method:

1. Put the veg in a bowl and toss with 2 tbsp sea salt. Leave, covered at room temperature, for 4 hrs. Drain the veg and wash well under cold water. Drain well.
2. Put 100ml of the vinegar in a bowl with the mustard powder, coriander seeds, mustard seeds, cumin, turmeric and flour. Mix well to make a paste.
3. Heat the remaining 500ml vinegar, sugar, bay leaves and a pinch of salt until the sugar dissolves, then pour in the mustard vinegar mix, simmering and stirring for 5 mins until the mixture thickens. Fold in the drained veg, heat for 1 min taking the edge off the veg, but still retaining a bite, then remove from the heat, and pack into three 500ml warm sterilised jars.
4. Seal and leave in a cool dark spot for six weeks or up to three months before opening. Once open, keep in the fridge and use within four weeks.



This recipe has been 'Tried & Tested' by Alison Haynes and was taken from BBC Good Food Magazine.