

## ZUCCHINI PICKLES

Thanks to Grown and Gathered for this recipe...

- 800g zucchini, mandolined or finely sliced  
(cut in half also)
- 1 small onion, finely sliced
- 1 tablespoon sea salt
- 1 tablespoon mustard seeds
- $\frac{3}{4}$  teaspoon celery seeds
- 160ml organic white wine vinegar
- $\frac{1}{2}$  cup unrefined or raw sugar
- 1  $\frac{1}{4}$  teaspoons dried turmeric



Place zucchini, onion and salt in a mixing bowl and combine thoroughly. Place in the fridge for at least 6 hours or overnight.

Rinse zucchini and onion under cool water and drain well.

Place drained zucchini, onion, mustard and celery seeds in a mixing bowl and combine thoroughly. Stuff gently into jars. I did one 700 gram one and one 300 gram one. They didn't go right to the top – if you have a 1 litre jar that might work better.

Place vinegar, sugar and turmeric in pot and heat gently, stirring until all the sugar dissolves. Add to the jars, filling to 1 cm below the lip.

Screw on the lid so it's firm without over-tightening (it's not how tightly you screw on the lid, but the vacuum created as the jar cools, that forms the seal) and place the jars in the deepest pot you have. Fill the pot to within 5 cm of the top of the jars (I measured this on the small one) and gently heat to 72-80°C. Maintain this heat range for 40 minutes to pasteurise and seal the jars.

After 40 minutes carefully check that the lid has remained firmly in position and adjust if necessary. You can leave the jars to cool in the water bath, or carefully remove them and leave to cool on the bench. Once cooled the lid should have sucked down. If it hasn't, repeat the water bath process with a new lid.

The pickles will keep for at least a year on the shelf. They're best eaten from 3 months onwards. Once opened, store them in the fridge.

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