

PICCALILLI



Rosie's Preserving School

PRESERVING PRESERVING

Equipment List

Large pan: jam pan or large saucepan/stock pot

Wooden spoon

Sharp knife

Chopping board

Measuring jug

Jam funnel

Teaspoon

Scales

The recipe makes approx 7kg – 12lbs

Don't forget lids to fit your jars and some labels

A great recipe for using a glut of the Summer vegetables

The perfect recipe – enjoy with some nice crusty bread, a good cheese, a pint and the cricket!.

Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!

Rosie



Ingredients

A mixture of late Summer vegetables such as green beans courgette, cucumber, onions, cauliflower		3kgs/6lbs
Salt		
Sugar, white granulated		275g/9oz
Mustard powder		1 tbsp
Ground ginger		1.5.tsp
Garlic clove		2
Vinegar, distilled, cider, or wine		1.5ltr/2.5 pints
Plain flour		50g/2oz
Turmeric		2 tbsp

Method

Start the day before

Leave the skin on the courgette and cucumber, chop all of the vegetables into even sized pieces and layer in a large bowl with plenty of salt (don't worry it won't end up in the jar!) Cover and leave for 24 hours

Next day, remove the vegetables and rinse, drain them well.

Blend the sugar, mustard, ginger and garlic with 1 litre / 2 pints of the vinegar in a large pan

Add the vegetables and bring to the boil - turn down the heat and simmer for about 20 mins until the vegetables are cooked but still crisp

Blend the flour and the turmeric with the remaining vinegar and stir into the cooked vegetables

Bring to the boil and cook for 2 minutes

Ladle into washed, pre-heated jars and seal immediately with vinegar-proof lids

Will keep for at least a year but store away from direct light as the turmeric can lose its colour

For more delicious recipes and inspiration visit
<https://recipes.rosiemakesjam.com>