

# SWEETCORN RELISH



**Rosie's Preserving School**  
PRESERVING PRESERVING

# EQUIPMENT LIST

- Sharp knife
- Chopping board
- Preserving or large pan
- Wooden spoon
- Jam funnel
- Ladle
- Measuring jug
  
- Jars, Lids & Labels

The recipe makes makes approx 8-10 300g/12oz jars

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

*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

<input checked="" type="checkbox"/> Onions, peeled and chopped	1 large	
<input checked="" type="checkbox"/> Carrots, chopped	1 large	
<input checked="" type="checkbox"/> White cabbage	200g	8oz
<input type="checkbox"/> Red bell pepper, chopped	1 each	
<input checked="" type="checkbox"/> Green pepper, chopped	1 each	
<input checked="" type="checkbox"/> Fresh ginger	1 around 20g	
<input checked="" type="checkbox"/> Sweetcorn, fresh	5 cobs or	
<input checked="" type="checkbox"/> Sweetcorn, tinned	500g	1lb
<input checked="" type="checkbox"/> Sea salt	2 teaspoon	
<input checked="" type="checkbox"/> Yellow mustard seeds	1 tablespoon	
<input checked="" type="checkbox"/> Cider vinegar	600ml	20 floz
<input checked="" type="checkbox"/> Sugar, soft brown	250g	8oz



# METHOD

Place your chosen jars in a low oven to warm

Finely chop the onions, carrots, white cabbage, and the peppers - either by hand or by machine.

Peel and shred the fresh ginger

Strip the corn from the cobs, if using, with a sharp knife or drain well if using tinned

Pour vinegar into a large pan, add mustard seeds and salt and stir. Add all of the prepped vegetables.

Cook over a medium heat for 45 minutes stirring often

Add the sugar and stir until dissolved, cook for a further 30 mins.

Pot into the warmed jars

Fill the jars to the top

Check for air pockets and remove with a skewer or blade of a dinner knife

Seal with the lids immediately and leave until cold

Label and store away from bright light

For best flavour leave to mature for at least 4-6 weeks

Refrigerate after opening

Brilliant with home made burgers and salad

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