### SWEETCORN RELISH



# Rosie's Preserving School Preserving

#### **EQUIPMENT LIST**

- Chopping board
- Preserving or large pan
- ☑ Wooden spoon
- ✓ 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!



## INGREDIENTS

☑ Onions, peeled and chopped 1 large

☐ Carrots, chopped 1 large

✓ White cabbage 200g 8oz

Red bell pepper, chopped 1 each

 $^{oxdot}$  Green pepper, chopped 1 each

☑ Fresh ginger 1 around 20g

☑ Sweetcorn, fresh 5 cobs or

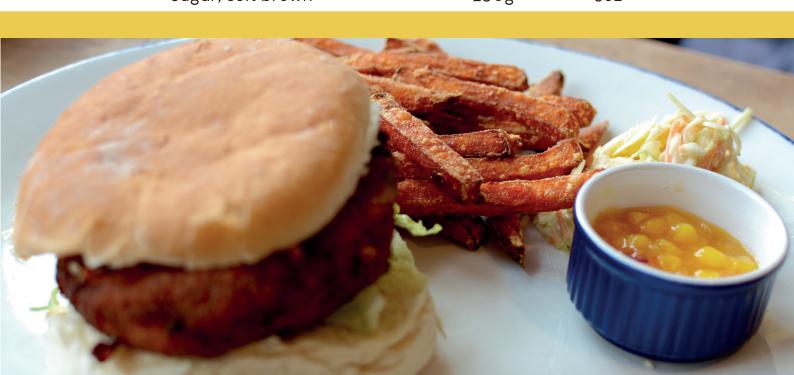
☑ Sweetcorn, tinned 500g 1lb

✓ Sea salt
  2 teaspoon

✓ Yellow mustard seeds 1 tablespoon

☑ Cider vinegar 600ml 20 floz

☑ 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