

Cauliflower, carrot, cucumber and green bean pickle



This delicious pickle lifts a meal, whether served alongside curries, with meat or sandwiches. Don't forget to sterilise your jars before adding the pickle. It's vital in preventing harmful bacteria getting into your chutney and posing a health risk.

Makes: 2-3 x 500ml jars • Preparation time: 30 minutes

Ingredients

- 1ltr white wine vinegar
- 2 star anise
- 750g caster sugar
- 1 tbsp salt
- 2 tsp black peppercorns, lightly bashed
- 1 small cauliflower, cut into small florets
- 1 large carrot, sliced
- 1 large cucumber, sliced
- 150g green beans, trimmed, halved and sliced

Method

1. Place the vinegar, star anise, sugar, salt and peppercorns into a large saucepan and cook until the sugar has dissolved.
2. Place the vegetables into a large bowl and pour over the liquid. Allow to sit until cold.
3. Ladle into your sterilised jars (see below) and seal with the lids.

How to sterilise your jars

- Wash the jars thoroughly using warm water and washing-up liquid and rinse clean.
- Place a sheet of baking paper on one of the shelves of your oven (not at the bottom of the oven) and place the jars on the shelf – making sure they're not touching each other.
- Heat your oven to 140°C and dry out the jars for around 15-20 minutes.
- Lids can be left in boiling hot water to sterilise.

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