

ZUCCHINI RELISH

Choose vegetables that are firm, fresh and free from blemishes. Wash well, scrubbing with a soft brush if necessary to remove dirt.

Do not alter basic ingredients—ration of vinegar to vegetables has been determined to ensure the safety and quality of the recipe.

Yield: 4-5 pints

INGREDIENTS

4 cups finely chopped or ground zucchini
3 cups finely chopped or ground carrots
4½ cups finely chopped or ground onion
1½ cups finely chopped or ground green pepper
2¼ cups vinegar (5% acetic acid)
1 Tbsp celery seed
¾ tsp dry mustard
¾ cup sugar
2-4 tsp salt

DIRECTIONS

1. Combine all ingredients. Cook 20 minutes, or until vegetables are tender but still crisp.
2. Work quickly filling and sealing one jar at a time. Pack hot into clean, hot jars to within ½ inch of top.
3. Remove bubbles with a non-metallic spatula. Clean rim and threads of jar with clean, damp cloth. Cover with lid and secure with ring band (finger-tight).
4. Place jars in hot water bath. Add enough water to cover the tops of the jars by at least 1 inch.
5. Process jars for 20 minutes in a simmering hot water bath (180°F). Begin to count processing time when the temperature reaches 180°F.

6. After 20 minutes, turn off the heat and remove the canner lid. Let sit for 5 minutes.
7. Remove jars and do not tilt. Place hot jars, well separated, on a rack or folded towel, away from drafts.
8. Do not disturb jars for 12-24 hours. When cool, remove the ring bands and check for seals. Wash the jars, date and label.
9. Store in a dry, dark and cool area. Pickle flavors blend after being stored for several weeks.

RESOURCE

Safe Methods for Preparing Pickles, Relishes & Chutneys. UC Publication #4080.

LOCAL CONTACT

For more information, contact the University of California Cooperative Extension office in your county. See your telephone directory for addresses and phone numbers, or visit http://mfp.ucanr.edu/Contact/Find_a_Program/.

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