

Pickled Cauliflower

Full recipe (*Yield: 9 half-pints*)

12 cups 1-2" cauliflower flowerets
4 cups white vinegar (5%)
2 cups sugar
2 cups thinly sliced onions
1 cup diced sweet red peppers
2 tablespoons mustard seed
1 tablespoon celery seed
1 teaspoon turmeric
1 teaspoon hot red pepper flakes

Half Recipe (*Yield: 5 half-pints*)

6 cups 1-2" cauliflower flowerets
2 cups white vinegar (5%)
1 cup sugar
1 cup thinly sliced onions
1/2 cup diced sweet red peppers
1 tablespoon mustard seed
1/2 tablespoon celery seed
1/2 teaspoon turmeric
1/2 teaspoon hot red pepper flakes

1. Wash cauliflower flowerets and boil in salt water (4 tsp canning salt per gallon of water) for 3 minutes.
2. Drain and cool.
3. Combine vinegar, sugar, onion, diced red pepper, and spices in large saucepan. Bring to a boil and simmer 5 minutes.
4. Distribute onion and diced pepper among jars.
5. Fill hot jars with cauliflower pieces and pickling solution, leaving 1/2-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process jars in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-6,000 feet, and 20 minutes above 6,000 feet.

Source: adapted from the "Complete Guide to Home Canning," Agriculture Information Bulletin No. 539, USDA, revised 2015.