



Escabeche

Pickled jalapeños, or escabeche, are served as a condiment with many meals in Mexico. They can be eaten as a snack or appetizer, or served on the plate alongside Mexican recipes.

Makes: about 2-quart jars (32 oz)

Prep: 20 Minutes

INGREDIENTS:

4 red bell peppers, cut into 1/2-inch strips
4 yellow bell peppers, cut into 1/2-inch strips
4 green bell peppers, cut into 1/2-inch strips
2 large onions, halved and sliced into
1/2-inch sections
3 carrots, cut crosswise into 1/4-inch slices
5-6 large jalapeños, quartered and seeded
8 green tomatoes or tomatillos, quartered
4 cups white vinegar (5% acidity)
1 cup water
4 tsp. salt
5 garlic cloves, minced
1 tsp. cumin seeds
1 tsp coriander seeds
2 tsp. Mexican oregano
2 bay leaves



Source: BallMasonJars.com

DIRECTIONS:

Prep:

1. Prepare boiling water canner. Heat jars in simmering water until ready for use. Do not boil. Wash lids in warm soapy water and set aside with bands.
2. Lightly char vegetables over a flame on a grill or in a broiler, set aside.

Cook:

3. Combine vinegar, water salt and garlic in a non-reactive pot over medium heat and bring to a simmer.
4. Divide vegetables and spices evenly.

Can:

5. Ladle hot vegetables into a hot jar leaving a 1/2-inch headspace. Ladle hot pickling liquid into jar to cover rind leaving 1/2-inch headspace. Remove air bubbles. Wipe jar rim. Center lid on jar and apply band, adjust to fingertip tight. Place jar in boiling-water canner. Repeat until all jars are filled.
6. Water must cover jars by 1 inch. Adjust heat to medium-high, cover canner, and bring water to a rolling boil. Process quart jars 15 minutes, adjusting for altitude. Turn off heat and remove cover. Let jars cool 5 minutes. Remove jars from canner; do not retighten bands if loose. Cool 12-24 hours. Check lids for seal, they should not flex when center is pressed.