

Appetizer

Sweet Watermelon Rind Relish

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Palm Beach Post - A.P.

Start to Finish Time: 1 hour

This recipe calls for watermelon rind with the thin outer dark green skin removed. The easiest way to do this is to use a paring knife to cut away the red flesh, then use a vegetable peeler to remove the skin.

1 teaspoon whole cloves

1 teaspoon whole allspice

4 cups watermelon rind, green skin removed, cut into 1/4-inch chunks

1 1/2 cups sugar

1 cup red wine vinegar

1 teaspoon salt

2 cinnamon sticks

1 piece (2-inch) fresh ginger, peeled and cut into chunks

Create a spice bundle by placing the cloves and allspice in a piece of cheesecloth and tie the ends together with string.

In a large saucepan over medium heat, combine the watermelon rind, sugar, vinegar, salt, cinnamon sticks, ginger and the spice bundle. Bring to a simmer and cook for 1 hour or until the watermelon rind is tender.

Allow the watermelon to fully cool in the liquid.

Remove and discard the spice bundle, cinnamon sticks and ginger.

Store in an airtight container for up to a month.

Yield: 3 cups

Per Serving (excluding unknown items): 1289 Calories; 1g Fat (1.0% calories from fat); 2g Protein; 341g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 2153mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 0 Fat; 21 Other Carbohydrates.