

Artichoke Pickles

Mrs Harry Ethridge

St Timothy's - Hale Schools - Raleigh, NC - 1976

*1/2 peck artichokes
6 whole red peppers, small
bottle
2 quarts vinegar
2 tablespoons mustard
seed
6 sticks cinnamon
4 to 6 onions, cut in slices
2 pounds sugar
1 teaspoon celery seed
salt
1 clove garlic (for each
pickle jar)*

Wash the artichokes with a steel brush. Soak in cold water overnight. Drain well.

In a pot, mix the artichokes, red peppers, vinegar, mustard seed, cinnamon, sugar and celery seed. Bring to a boil.

Add the onions to the boiling mixture and boil for 15 minutes. Add the salt.

Pour the hot mixture over the artichokes in jars. Add the garlic cloves to the jars.

Seal while warm.

Per Serving (excluding unknown items): 4200 Calories; 9g Fat (1.8% calories from fat); 15g Protein; 1106g Carbohydrate; 35g Dietary Fiber; 0mg Cholesterol; 117mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 8 Vegetable; 1 1/2 Fat; 68 1/2 Other Carbohydrates.