

Bread and Butter Pickles

Grammy Guru - Arlene Borg

Hometown News

4 cups sliced cucumbers

4 tablespoons Kosher salt

1 small onion, coarsely chopped

1 cup white vinegar

1 cup sugar (or equivalent sugar substitute)

1 teaspoon celery seed

1 teaspoon mustard seed

3/4 teaspoon turmeric

Place the cucumbers in cold water. Add the Kosher salt and ice cubes. Soak for at least one hour; this will keep them crisp. Drain.

Meanwhile, in a saucepan, place the vinegar, sugar, celery seed, mustard seed and turmeric. Bring to a boil.

Add the sliced cucumbers and onions. Cook for about 10 minutes.

Place in the clean canning jars. Seal and store.

Yield: 4 pints

Per Serving (excluding unknown items): 169 Calories; 3g Fat (11.2% calories from fat); 6g Protein; 40g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 22579mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 4 Vegetable; 1/2 Fat; 1 Other Carbohydrates.