

# Mustard Pickles III

*Canadian Mennonite Cookbook - 1974  
D. W. Friesen & Sons Ltd.*

*1 1/2 dozen large  
cucumbers  
1 pint vinegar  
1 teaspoon turmeric  
1 teaspoon mustard  
1 tablespoon flour  
1 cup sugar*

Peel and slice the cucumbers. Let stand overnight in salt water.

Rinse the cucumbers two or three times.

In a bowl, mix the turmeric, mustard, flour and sugar.

In a pot, pour the vinegar. Add the spices to the vinegar. Heat and stir until thick,

Add the cucumbers. Scald the mixture.

Pack the cucumbers into canning jars. Pour the syrup over the top of the cucumbers.

Seal the jars while hot.

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Per Serving (excluding unknown items): 1486 Calories; 8g Fat (4.6% calories from fat); 30g Protein; 362g Carbohydrate; 36g Dietary Fiber; 0mg Cholesterol; 171mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 25 Vegetable; 0 Fat; 15 1/2 Other Carbohydrates.