

Pickled Cauliflower

Joy DeRock

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*cauliflower head
small hot pepper, one per
jar
clove garlic, one per jar
head dill, one per jar
1 cup white vinegar
1 cup water
2 tablespoons salt*

Break the cauliflower into flowerettes. Place the flowerettes into a cooking pot with a small amount of salted water.

Simmer until tender-crisp. Drain.

Pack the flowerettes into pint jars. Add a small hot pepper, a clove of garlic and a head of dill to each jar.

In a saucepan, combine the vinegar, water and salt. Bring to a boil. Pour the pickling solution over the cauliflower to within 1/2 inch of the top. Seal with the caps.

Process the jars in a boiling water canner for 10 minutes.

Per Serving (excluding unknown items): 34 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 14g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 12800mg Sodium. Exchanges: 1 Other Carbohydrates.