

Sweet Mixed Mustard Pickles

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

*1 quart sliced cucumbers
1 quart small white onions
2 small heads cauliflower
2 sweet green peppers,
shredded
4 cups sugar
3 or 4 teaspoons dry
mustard
2 teaspoons turmeric
4 tablespoons flour
1 pint vinegar
1 pint water*

Wash and slice firm cucumbers into about 1/4- to 1/2-inch slices.

Scald the white onions, then drain and peel them.

Trim the cauliflower heads and break the curds into small flowerets.

Halve the green peppers, remove the seeds and shred the flesh.

Place the cucumbers, onions, cauliflower and peppers in a crock. Cover with a brine made in a proportion of 1 cup of salt to six cups of water. Let stand overnight.

Next day, drain the brine and cover with fresh water. Let stand for two hours. Drain again. Cover with a weak vinegar solution, using half vinegar and half water. Let stand for 15 minutes. Transfer to a pot.

Bring the pot to a simmering point and keep at this temperature until the vegetables are almost tender. Drain thoroughly and discard the vinegar.

Make the mustard sauce: In a bowl, combine the sugar, mustard, turmeric and flour. In a bowl, mix together the pint of vinegar and the pint of water. Use part of the cold mixture to blend the dry ingredients to a smooth paste. Gradually stir in the remainder of the vinegar mixture.

Place the mixture into the top part of a double-boiler. Cook over boiling water until the mixture thickens and there is no raw taste of flour remaining.

Add the sauce to the drained, hot vegetables. Mix well.

Pour the mixture into hot, sterilized jars.

Seal tightly, at once.

Per Serving (excluding unknown items): 3735 Calories; 4g Fat (1.0% calories from fat); 22g Protein; 950g Carbohydrate; 27g Dietary Fiber; 0mg Cholesterol; 123mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 16 1/2 Vegetable; 0 Fat; 55 1/2 Other Carbohydrates.