

Sweet Pickles

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

*9 cups water
1 cup salt
1 tablespoon alum
SYRUP
5 cups white sugar
6 cups white vinegar
2 tablespoons pickling spice*

Soak the cucumbers in a solution of water, salt and alum. Soak overnight. (Do not use iodine salt.)

Pack the cucumbers into the canning jars.

In a saucepan, make a syrup of the sugar, vinegar and pickling spice. (If very strong vinegar is used, dilute with two cups of water, using four vinegar and two water.)

Boil the syrup for a while. Pour over the cucumbers.

Seal.

Per Serving (excluding unknown items): 262 Calories; 4g Fat (7.9% calories from fat); 2g Protein; 92g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 102406mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fat; 6 Other Carbohydrates.