

We sometimes end up with vegetables in the fridge with are in all honestly well beyond passing on. Some of the stores I collect from for the Food Bank are a bit sneaky and dump things in the bags which are well on their way to the next life!

The foundation of this was a really battered looking Cauliflower.

Ingredients:-

300g of Cauliflower florets
150g Green Beans, chopped
250g of Shallots, peeled & quartered
75g of Salt
4 Tbsp of Cornflour
75g of Sugar
1 Tsp of Turmeric
1 Tbsp of Mustard Powder
1 Tsp of Ground Ginger
500ml of Spirit Vinegar
250g of Cucumber, deseeded & sliced

Method:-

(1) Place the Vegetables in a bowl and mix in the Salt.
(2) Cover and allow to stand for 24 hours.

(3) Rinse and drain, allowing to dry.
(4) Mix the Cornflour, Mustard Powder, Sugar, Turmeric, Ginger and a little of the Vinegar.
(5) Combine into a smooth paste.
(6) Add to a pan over a low heat and gradually stir in the remaining Vinegar.
(7) Cook over a low heat until the mixture thickens.
(8) add the Vegetables and cook over a low heat for 2 to 3 minutes.
(9) Allow to cool and then add to jars.
(10) Allow to cure for 3 to 4 weeks.

We tried a bit last night and although it?s not had the 3 to 4 weeks to cure yet, it tastes remarkably good and certainly better than the store bought versions.