

When we had a Cauliflower in the fridge 4 weeks ago which was looking a bit past it Sue decided to have a play with my strange Lacto-fermenting gig. A bold step for a qualified Chef who knows if we were still in the trade the EHO would go nuts!

But Cauliflower Chilli Pickle is pretty cool. So as we have eaten the last batch ? version #2 with whole Black Peppercorns and Red Chilli Pods?..

Ingredients:-

½ a Cauliflower head, chopped into lumps.
2 tbsp Salt
Whole Black Peppercorns
2 Red Chilli Pods
Chilli flakes
450ml Water

Method:-

(1) Add the Salt to the Water and heat to dissolve.
(2) Allow to cool to room temperature.
(3) Cram all the other bits & bobs in to a clip top jar. Allow a bit of heat room so you can get everything under the brine.
(4) Pour the brine over everything, making sure all the raw bits are submerged.
(5) Close the lid and forget about it for 3 weeks!