



We sometimes end up with vegetables in the fridge which are in all honesty 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.