

Pickled vegetables *(Jams & jellies)*



Preparation

Add the vinegar, sugar and salt to the water and bring to the boil. In the meantime, wash and prepare all the vegetables: divide the cauliflower into individual florets and cut the celery, carrot and pepper into short batons. Trim the green beans. When the water is boiling, cook the cauliflower and carrot for 3 minutes; then add the celery, green beans and peppers for another 3 minutes. When cooked, remove the vegetables from the water and leave them on a teatowel to cool. Wait for the cooking/pickling liquid to cool down like the vegetables, then place everything in jars in any arrangement you like, but separating the vegetables so as to alternate colours. Fill the jars with the cooking/pickling liquid, removing as many air bubbles from the jars as possible. Seal the jars and store in the pantry.

Tips

Take care and be patient when cutting the vegetables: their shape can affect how your pickled vegetables turn out.

Trivia

Try steamed vegetables, or those stored in oil

Information

Preparation 40 minutes

Total Time 6 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



ACQUISTA SUL NOSTRO SHOP

Autentici prodotti di Puglia solo su

shop.laterradipuglia.it

We ship all over the Europe get an extra **10€ discount** on shipping costs

DISCOUNT10

[click here to access](#)

Ingredients

Green beans (a handful of green beans)

Red peppers (a red pepper)

Carrots (two carrots)

Celery (a few celery stalks)

Cauliflower (a small cauliflower)

Water 1000 millilitres

Apple vinegar 500 millilitres

Sugar 200 grams

Salt 50 grams