Pickled or Non-Fermented Foods: Pickled Cauliflower or Brussel Sprouts

12 cups of 1- to 2-inch cauliflower flowerets or small brussel sprouts
4 cups white vinegar (5 percent)
2 cups sugar
2 cups thinly sliced onions
1 cup diced sweet red peppers
2 tbsp mustard seed
1 tbsp celery seed
1 tsp turmeric
1 tsp hot red pepper flakes

Yield: About 9 half-pints

Procedure: Wash cauliflower flowerets or brussel sprouts (remove stems and blemished outer leaves) and boil in salt water (4 tsp canning salt per gallon of water) for 3 minutes for cauliflower and 4 minutes for brussel sprouts. Drain and cool. Combine vinegar, sugar, onion, diced red pepper, and spices in large saucepan. Bring to a boil and simmer 5 minutes. Distribute onion and diced pepper among jars. Fill jars with pieces and pickling solution, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations in Table 1.

Table 1. Recommended process time for pickled cauliflower or brussel sprouts in a boiling-water canner.

<table>
<thead>
<tr>
<th>Style of Pack</th>
<th>Jar Size</th>
<th>Process Time at Altitudes of</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>0 - 1,000 ft</td>
</tr>
<tr>
<td>Hot</td>
<td>Half-pints or Pints</td>
<td>10 min</td>
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*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.


2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

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