



Pickled or Non-Fermented Foods: Pickled Bread-And-Butter Zucchini¹

United States Department of Agriculture, Extension Service²

PICKLED BREAD-AND-BUTTER ZUCCHINI

- 16 cups fresh zucchini, sliced
- 4 cups onions, thinly sliced
- 1/2 cup canning or pickling salt
- 4 cups white vinegar (5%)
- 2 cups sugar
- 4 tbsp mustard seed
- 2 tbsp celery seed
- 2 tsp ground turmeric

Yield: About 8 to 9 pints

Procedure: Cover zucchini and onion slices with 1 inch of water and salt. Let stand 2 hours and drain thoroughly. Combine vinegar, sugar, and spices. Bring to a boil and add zucchini and onions. Simmer 5 minutes and fill jars with mixture and pickling solution, leaving 1/2-inch headspace. Adjust lids and process according to the recommendations in Table 1 or use low-temperature pasteurization treatment. For more information see "Low-Temperature Pasteurization Treatment," (FCS 8220).

Table 1. Recommended process time for Pickled Bread and Butter Zucchini in a boiling-water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints or Quarts	10 min	15	20

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