Pickled Cauliflower or Brussel Sprouts

United States Department of Agriculture, Extension Service

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>0 - 1,000 ft</th>
<th>1,001 - 6,000 ft</th>
<th>Above 6,000 ft</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot</td>
<td>Half-pints or Pints</td>
<td>10 min</td>
<td>15</td>
<td>20</td>
</tr>
</tbody>
</table>


Reviewed for use in Florida by Mark L. Tamplin, associate professor, Food Safety, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

The Institute of Food and Agricultural Sciences is an equal opportunity/affirmative action employer authorized to provide research, educational information and other services only to individuals and institutions that function without regard to race, color, sex, age, handicap, or national origin. For information on obtaining other extension publications, contact your county Cooperative Extension Service office.

Florida Cooperative Extension Service / Institute of Food and Agricultural Sciences / University of Florida / Christine Taylor Waddill, Dean