



Cooperative Extension Service
Institute of Food and Agricultural Sciences

Pickled or Non-Fermented Foods: Pickled Cauliflower or Brussel Sprouts¹

United States Department of Agriculture, Extension Service²

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.

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

1. This document is Fact Sheet FCS 8229, a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Publication date: June 1998. First published: February 1993. Reviewed: June 1998. This document was extracted from the Complete Guide to Home Canning, Agriculture Information Bulletin No. 539, USDA. It was originally published on CD-ROM as part of HE 8152, Guide 6: Preparing and Canning Fermented Foods and Pickled Vegetables.
2. 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.

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