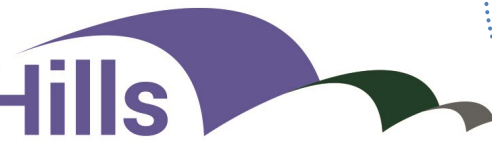


# Taste the Hills



## Recipes and Tips

### Pickled Redcurrants

The pickle itself is quite sweet and spicy but the currants remain sour – ideal for mixing into a salad or jazzing cold cuts. If you still have redcurrants in your freezer from last year, these would be fine to use now.

First sterilise a few very clean jars (2 large and 1 or 2 smaller) by heating up in the oven or using a hot cycle on the dishwasher. You could also boil them up in plenty of water. By doing different sizes you can make sure you haven't got an annoying amount left over. Make sure the lids are not liable to corrode. I like to recycle bought pickle jars or coffee jars.

Pour a 500ml bottle of cider vinegar into a pan. Add 250g sugar, a cinnamon stick, a few allspice berries and couple of chunks of fresh ginger and a few cloves.

Bring to the boil and simmer for 5 minutes. Leave to infuse for 15 minutes. Scoop out the spices.

Share out about 750g of redcurrants between the jars, packing them in to just below the neck of the top of the jar. Pour in the liquid so that you are only left with half a centimetre gap between the pickle and the lid.

Place on a dark shelf for at least 3 weeks. Once opened, store in the fridge and they seem to keep for weeks like that.

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