

Taste the Hills

Recipes and Tips

Pickled cucumbers

Fantastic with cheese or cold meats. You could use courgettes instead or a mix of the two if you need to.

3 large cucumbers, thinly sliced

3 large onions, thinly sliced

50g salt

600ml white wine vinegar

400g brown sugar

1/2tsp turmeric

6 cloves

1 tbsp mustard seed

You will need 4 or 5 jars, preferably with plastic lids. I find coffee jars are perfect but don't worry too much if you only have metal lids. The vinegar can make them rust a bit but usually we eat it up before this happens! Wide necked jars make life easier.

Layer the onions with the cucumbers and salt in a colander. Place a saucer or plate on the top so that it fits snugly. Put a weight (a tin of beans will do) on the top and put the colander over a bowl for 2 hours to catch the drips.

Shake the colander to get rid of the excess liquid and pat the vegetables with a clean dishcloth or paper towel to dry them off as much as possible.

Put all the other ingredients into a large pan and heat slowly to dissolve the sugar. Add the cucumbers and onions. Bring to the boil and simmer for 1 minute.

Use a slotted spoon to spoon the cucumbers and onions into the wide necked jars. Pack the veg down. Meanwhile, boil up the vinegar mixture for 15 minutes before pouring on top of the veg.

Seal the jars. Label when cold and store for at least 2 weeks before eating.

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