



INDIAN PURPLE PICKLE

INGREDIENTS

- ½ Purple Sicily Cauliflower
- 3 spring onion
- ½ finely sliced red onion
- ¾ cup hot water
- ¼ cup white vinegar
- 2 tbsp honey
- 1 tbsp sea salt
- 1 tbsp Indian panch poran

Basic Pickle Recipe

2 cups of mixed veg e.g, carrot, green beans, cabbage, onions, herbs

¾ cup of hot water

¼ cup vinegar (white, apple cider, red)

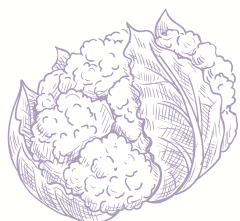
2 tbsp sweetener (honey or sugar)

1 tbsp salt

1 tbsp of whole spices e.g. coriander seeds, mustard seeds, cumin seeds

EQUIPMENT

- 1 x 500ml jar. We use these #742 500ml Weck Jar. You can buy these from [String and Salt](#) or any good cookware store.
- Heatproof jug
- Bowl for veggies



METHOD

Chop the cauliflower into florets. Here is a good article on an easy way to do this from [Recipe Tin Eats](#).

Finely slice the red onion

Slice the spring onion into long 4-5cm pieces.

Toss all the vegetables together in a bowl.

Toast the panch poran in a dry pan over medium heat for 1-2 minutes until they are fragrant and lightly browned.

Remove from heat and crush with a mortar and pestle. You only need to crack open the spices to release the seeds inside.

To make your pickling liquid, combine hot water, vinegar, honey, panch poran and salt in a glass or heatproof jug.

Fill your jar with the veggies leaving about 2cms for the top of the jar.

Pour the pickling liquid over the veggies. Fill to about 0.5-1 cm below the rim. Don't be tempted to fill to the top as the veggies will expand as they absorb the liquid. Use more hot water if your pickling liquid does not fully cover the veggies.

Let cool and seal with a lid.

Place jar in the refrigerator to pickle overnight. Pickled cauliflower will keep up to 2 weeks.