

From the book “Man Can Cook” for “The Saturday Herd”
By Robert Sturm

Mexican Spicy Pickled Carrots and Cauliflower

Ingredients

4 Carrots (big), peeled, sliced
4 Head Cauliflower, trimmed, Florettes
3 Jalapeños, seeded, cut in quarters lengthwise
1 Onion, Julienne
1 oz. Corn Oil
1 TB. Mixed Peppercorns
½ tsp. Sea Salt or All Purpose Seasoning
12 each bay Leaves
12 cloves Garlic
2 TB. Pickling Spice
2 Cup White Vinegar
1-Cup “HOT” Water

Directions

Sauté vegetables for till a bit tender. About 4 minutes. Add spices. Sauté another 2 minutes. Add vinegar and water. Bring to a boil. Turn heat off and let cool. Transfer to container. Refrigerate. The longer the vegetables marinate the better they get. Keeps 1 week.



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