Pickled or Non-Fermented Foods: Pickled Cauliflower or Brussel Sprouts[1]

United States Department of Agriculture, Extension Service[2]

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.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints or Pints	10 min	15	20
*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.				

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