

# Pickled or Non-Fermented Foods: Marinated Peppers<sup>1</sup>

United States Department of Agriculture, Extension Service<sup>2</sup>

## **Bell, Hungarian, Banana, or Jalapeno**

4 lbs firm peppers\*  
1 cup bottled lemon juice  
2 cups white vinegar (5 percent)  
1 tbsp oregano leaves  
1 cup olive or salad oil  
1/2 cup chopped onions  
2 cloves garlic, quartered (optional)  
2 tbsp prepared horseradish (optional)

**Yield:** About 9 half-pints.

\*Note: It is possible to adjust the intensity of pickled jalapeno peppers by using all hot jalapeno peppers (hot style), or blending with sweet and mild peppers (medium or mild style).

For hot style: Use 4 lbs jalapeno peppers.

For medium style: Use 2 lbs jalapeno peppers and 2 lbs sweet and mild peppers.

For mild style: Use 1 lb jalapeno peppers and 3 lbs sweet and mild peppers.

**Procedure:** Select your favorite pepper. **Caution: If you select hot peppers, wear rubber or plastic gloves while**

**handling them or wash hands thoroughly with soap and water before touching your face.** Peppers may be left whole. Large peppers may be quartered. Wash, slash two to four slits in each pepper, and blanch in boiling water or blister in order to peel tough-skinned hot peppers.

Peppers may be blistered using one of the following methods: Oven or broiler method: Place peppers in a hot oven (400 degrees F) or broiler for 6-8 minutes or until skins blister. Range-top method: Cover hot burner, either gas or electric, with heavy wire mesh. Place peppers on burner for several minutes until skins blister.

Allow peppers to cool. Place in pan and cover with a damp cloth. This will make peeling the peppers easier. After several minutes of cooling, peel each pepper. Flatten whole peppers. Mix all remaining ingredients in a saucepan and heat to boiling. Place 1/4 garlic clove (optional) and 1/4 teaspoon salt in each half pint or 1/2 teaspoon per pint. Fill jars with peppers, add hot, well-mixed oil/pickling solution over peppers, leaving 1/2-inch headspace.

Adjust lids and process according to the recommendations in [Table 1](#).

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2. Reviewed for use in Florida by Amy Simonne, assistant professor, Food Safety and Quality, Department of Family, Youth and Community Sciences, Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville FL 32611.

Table 1. Recommended process time for marinated peppers in a boiling-water canner.

		Process Time at Altitudes of			
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 3,000 ft	3,001 - 6,000 ft	Above 6,000 ft
Raw	Half-pints and pints	15 min	20	20	25

\*After the process is complete, turn off the heat and remove the canner lid. Wait five minutes before removing jars.