



Piccalilli

Makes a 1kg (2lb 4oz) jar

Homemade piccalilli is delicious with ham, cheese or a traditional ploughman's lunch. You can add more or fewer runner beans or carrots, or use French beans, green tomatoes or diced cucumber instead.

- 1 medium cauliflower
- ½ Cucumber, peeled and cut into 1cm cubes
- 1 onion, cut into thin wedges
- 250g (9oz) runner beans, thinly sliced diagonally
- 2 large carrots, peeled and sliced
- 50g (1¾ oz) salt
- 2 heaped tbsp flour
- 2tsp English mustard powder
- 350ml (12fl oz) cider vinegar
- 250g (9oz) golden caster sugar
- ½ tsp ground turmeric
- ½ tsp ground ginger
- 1 sachet (25g/1oz) pickling spices, tied in muslin, if liked



Break the cauliflower into florets no bigger than about 4cm (1½ in). Place with the other vegetables in a large glass bowl and sprinkle with the salt. Stir lightly, then cover and leave overnight. The next day, rinse well and drain in a colander.

Mix the flour and mustard with a little vinegar to make a smooth paste. Place the vegetables in a large saucepan or preserving pan and add the sugar, spices and remaining vinegar. Bring to the boil, reduce heat and simmer for 10 minutes.

Stir in the flour mixture and stir well until thickened. Simmer for 2-3 minutes, and then remove from the heat and spoon into clean, dry sterilised jars. Seal and label.

Can be eaten after a week, but best if left for 1 month. Keeps for 6-9 months.