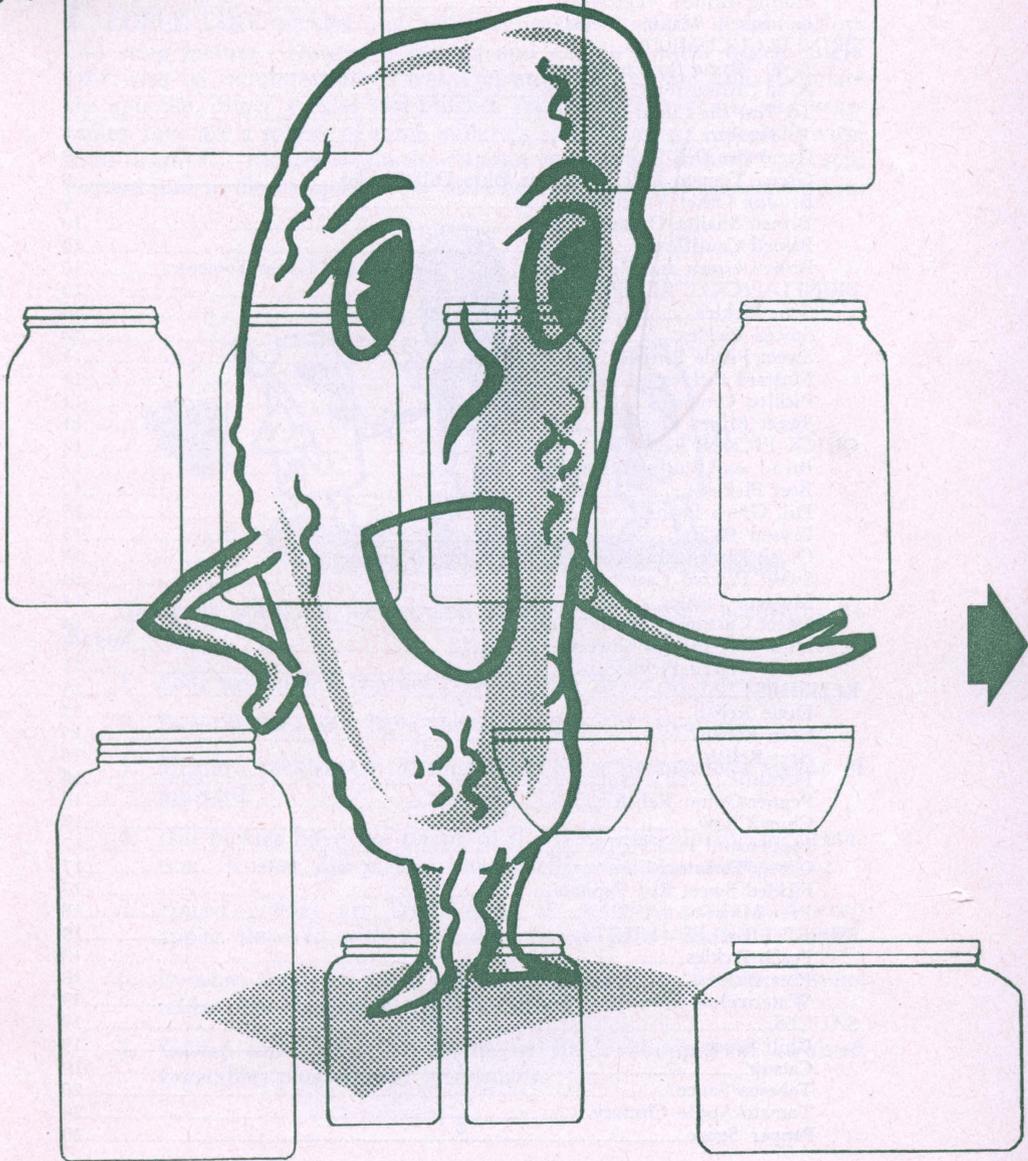


# *pickles and relishes*



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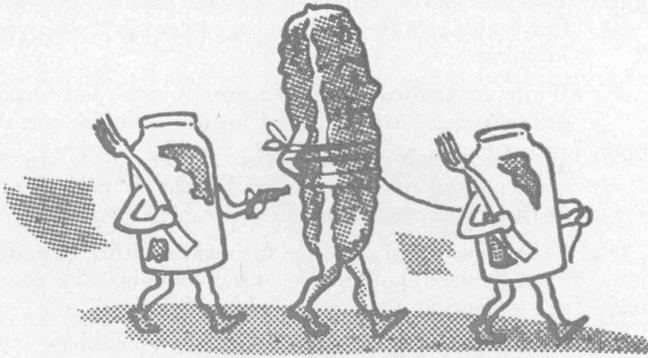
# PICKLES AND RELISHES

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**P** EOPLE LIKE pickles and relishes because of their bright colors and crisp texture. They give sparkle and zest to a meal which might otherwise be uninteresting. Pickles in any form create and stimulate the appetite. Since pickles and relishes are made from fruits and vegetables, they are a source of some minerals and vitamins; especially vitamins A and C. Pickles retain the vitamin content due to their high acid content and to the comparatively little heating required in preparation.



Generally speaking pickles and relishes are classed according to flavor.

1. Sour pickles are characterized by the flavor of vinegar.
2. Sweet pickles may have varying degrees of sweetness.
3. Mustard pickles are distinguished by a pronounced flavor of mustard.
4. Dill pickles have the flavor of the herb used during fermentation. Kosher dill pickles have garlic added as a seasoning.
5. Spiced pickles are fruits such as peaches, pears and crab apples flavored with a blend of spices in a sweet-sour syrup.
6. Relishes are made from various combinations of chopped vegetables plus vinegar and spices.
7. Catsup and sauces are made of finely chopped or strained vegetables plus vinegar and spices.

## INFORMATION ON BRINING VEGETABLES

### For Success in Pickling:

1. Use fresh, sound, clean vegetables and fruits. Sort and grade for size and age. Immature cucumbers make the best pickles. Fruits should be firm and slightly under-ripe. Gherkins may be substituted for cucumbers in any recipe.
2. Use ingredients as called for in recipes, and measure accurately.
  - (a) Use a good, clear standard vinegar. Five percent acetic acid or 50 grain is required to make good pickles. Cider vinegar is preferred in making all kinds of fruit pickles. All other kinds of pickles can be made with white distilled vinegar. It is especially recommended when making light colored pickles as white onions and cauliflower because it does not darken them.
  - (b) Use bag salt or dairy salt for best results. Do not use refined table salt due to chemical content in it which prevents lumping.
  - (c) White granulated sugar is generally used, but certain recipes may call for addition of brown sugar for extra flavor.
  - (d) Use fresh high-quality spices. Whole spices are best for most cooked pickles. Spices bought in packages labeled sterilized are best to use.
  - (e) Use soft water, if possible, for making brine. If hard water must be used, boil and let stand 24 hours. Remove scum.
  - (f) Use enamelware, aluminum or stainless steel for heating pickles. Do not use copper or iron containers.
  - (g) Pickles will keep better if sealed air-tight for storage.
  - (h) Limewater adds a desirable crispness to unfermented pickles such as those made from watermelon rind or green tomatoes.
  - (i) Pickles will be firm without adding alum if correct methods are followed.
  - (j) The correct color of pickles is olive, not bright green.

Pickles of superior quality are made from properly cured cucumbers and other vegetables. The process requires more energy and time but the high quality of the well-brined product is well worth the extra effort. Six to 8 weeks is required for proper brining. Small cucumbers take less time than large ones.

### Essential Equipment:

1. Stone jar or keg with a capacity from 4 to 10 gallons.
2. Cheese cloth or similar material.

3. Large plate or board for holding vegetables under the brine.
4. Weight heavy enough to hold the cover under the brine. (A tightly sealed glass jug or jar filled with water or wet sand makes a good weight.)
5. Additional equipment which will eliminate much trouble in brining includes kitchen scales and a salinometer.

#### **Preparation of Equipment:**

Clean and scald all equipment to be used. Wooden equipment should be scalded or steamed and coated with paraffin.

#### **Material for Making Brine:**

High-quality salt such as cheese or dairy salt is preferable. Use soft water. Hard water may be used if it has been boiled, and the scum removed.

Strength of solution to each quart of water:

For the desired strength of the brine add the quantity of salt given below:

- (a) For 5% brine  $\frac{1}{4}$  cup of salt or 2 ounces to 1 quart water  
Salinometer reading—20°
- (b) For 8% brine 6 tablespoons salt or 3 ounces to 1 quart of water  
Salinometer reading—30°
- (c) For 10% brine  $\frac{1}{2}$  cup salt or 4 ounces to 1 quart water  
Salinometer reading—40°
- (d) For 15% brine  $\frac{3}{4}$  cup salt or 6 ounces to 1 quart water  
Salinometer reading—60°
- (e) For 20% brine 1 cup salt or 8 ounces to 1 quart water  
Salinometer reading—80°

#### **To Make Brine:**

1. Dissolve the salt in the water. If heating is necessary to dissolve salt completely, cool brine to 80 degrees F. before using.
2. The quantity of brine necessary to cover the vegetables should equal half the measure of the quantity of vegetables. For example, if a 10-gallon jar is to be packed, 5 gallons of brine are required.

#### **To Test Brine:**

A salinometer gives the truest test and helps to eliminate much trouble in making brined products. The reading is taken by floating the salinometer in a cylinder of the brine and reading the degree at

the surface of the liquid. For vegetables that need a 40-degree brine a simple test can be made by using a fresh egg. Partially fill a glass with the brine, and if the egg just floats off the bottom of the glass, it is a 40-degree brine solution.

#### **To Pack Vegetables for Brining:**

Pour brine into jar or keg before dropping in the vegetables as this will prevent bruising, unless otherwise stated as for dill pickles. Place the cheese cloth over the vegetables and then cover with plate or board and weight down.

To add additional salt during processing:

1. The strength of the brine during fermentation is a most important factor, and it will be necessary to add salt from time to time.
2. On the second day add enough salt to bring the brine back to its original strength. The large percent of water drawn from the vegetables generally requires the addition of as much salt as was used on the first day. It is always best to check this with a salinometer, as it gives a truer reading.
3. Unless otherwise stated, where the strength of the brine is to be increased, increase the brine 5 degrees per week until desired strength is secured.

#### **Temperature for Brining:**

The best temperature for brining is between 75 and 80 degrees F. Higher temperature may cause trouble; lower temperature retards fermentation.

#### **Important Care of Vegetables During Brining:**

1. Remove scum daily during fermentation period. In removing scum do not let it get mixed into the brine.
2. Keep vegetables well under brine at all times.
3. Check brine at the end of the first day and at the end of each week during the curing period.
4. Each day while removing the scum note the appearance of the brine. If the brine looks thick or cloudy, double the amount of salt added each week. However, the original amount should be added twice during the week instead of so much at one time. This ropy brine, if permitted to develop, will produce slippery or soft pickles.
5. Store all brined products in a cool, well-ventilated place.

## Storing Brined Vegetables

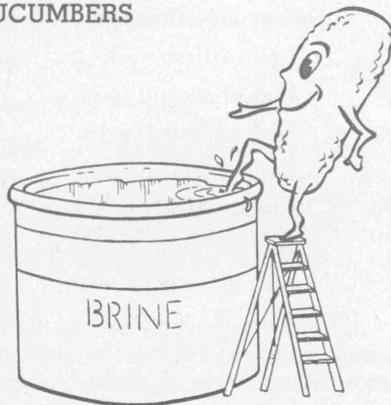
When vegetables which have been fermented in brine are to be kept for any length of time, air must be excluded from them. This may be done by sealing the container with paraffin, beeswax, or oil. Paraffin is the easiest to use and can be remelted, strained and used again. The brined vegetables can be sealed tightly into glass jars for later use.

## Failures in Making Pickles:

Failure	Cause
Soft, Slippery Pickles	Pickles exposed above the brine. Brine too weak. Pickles stored in too warm a place. Pickles cooked too long. Soft pickles cannot be made firm again.
Darkened pickles	Using hard water. Using ground spices. Food coming in contact with iron in water or utensils.
Hollow pickles	Faulty development of cucumber — hollow ones usually float. Cucumbers stand too long after gathering before brining—should not stand more than 24 hours. Hollow cucumbers may be used in sliced or chopped pickles.
Shriveled pickles	Placing in too strong salt or sugar solution or too strong vinegar. Put in weaker solution first, increasing strength later if desired.
Formation of scum	Scum forms during fermentation but should be removed frequently to prevent bottom pickles being affected.

## BRINED CUCUMBERS

The first requisite for good brined cucumber pickles is good raw material. Cucumbers should be free from blemishes, spot rot, wilt or insect bites, and of a good shape and size. A few unsound cucumbers may contaminate the whole container. Place cucumbers in the brine within a few hours after gathering. The sooner they are placed into the brine after gathering the better. The cucumbers will be better if  $\frac{1}{8}$  inch of the stem is left when they are cut from the vine. Handle them carefully in open crates or baskets.



Varieties best for brining are Chicago Pickling, Boston Pickling and Earliest of All.

Wash clean in cold water and grade for uniformity of size so the brine will penetrate them evenly.

#### **A 40-degree Brine for Cucumbers:**

Make a 40-degree brine according to directions on pages 5 and 6. Half fill jar or keg with brine. Weigh cucumbers, put into the jar, cover and weight down under the brine. The next day add more salt, one pound for every 10 pounds of cucumbers.

This is necessary to maintain the strength of the brine. Place the salt on top of the plate or board each time it is added, and let dissolve evenly into the brine. Increase the strength of the brine 5 degrees at the end of each week by adding  $\frac{1}{4}$  pound or  $\frac{1}{2}$  cup salt for every 10 pounds of cucumbers.

Continue adding salt each week until a 60-degree brine is produced.

#### **A 30-degree Brine for Cucumbers:**

A 30-degree brine will bring about a faster fermentation, but in warm weather it is more liable to develop complications. A salinometer is necessary in checking the 30-degree brine.

Make a 30-degree brine according to directions on pages 5 and 6. Weigh cucumbers and put into liquid and cover and weight down under the brine. Keep salinometer reading at 30 degrees the first week. Add salt at the end of the first day to bring brine back to 30 degrees, about  $\frac{3}{4}$  pound per 10 pounds of cucumbers. Place the salt on top of the cover each time it is added and let dissolve evenly into the brine. Increase the strength of the brine 5 degrees per week by adding about  $\frac{1}{4}$  pound salt or  $\frac{1}{2}$  cup for every 10 pounds of cucumbers.

Readings on salinometer when starting with a 30-degree brine:

End of first week .....	30°
End of second week .....	35°
End of third week .....	40°
End of fourth week .....	45°
End of fifth week .....	50°
End of sixth week .....	55°
End of seventh week .....	60°

Sometimes cucumbers can be completely cured by this method in 4 weeks, and it will not be necessary to increase the brine to 60 degrees if they are to be pickled immediately. If they are to be left in the brine, it is necessary to continue adding salt until a 60-degree brine reading on the salinometer is reached.

### **To Test for Cured Cucumbers:**

Slice cucumbers lengthwise. An even olive color throughout without any white areas, especially in the stem end, is desired; however, a faint whiteness in cured stock is common.

### **To Freshen:**

To remove the surplus salt from the brined cucumber and at the same time to make the pickle a plump and attractive product, soak in an equal part of vinegar and water until sufficient salt is removed. Products should taste fairly salty, for the salt helps to preserve as well as give flavor.

Priming in vinegar aids in crisping the pickles and making a clearer product. Place freshened cucumbers into jars and cover with a good clear vinegar of 5 percent acetic acid; close tightly and let stand for 1 week. Large cucumbers should stand 2 weeks. Pour off this vinegar and make cucumbers into any desired kind of pickle.

### **Cucumber Dill Pickles:**

Use a 5-gallon jar for making 4 gallons, or 12 pounds, of dill cucumbers. To make brine take 2 gallons water and add 1 pound or 1 pint salt. Check for 5 percent or 20-degree brine reading. Add 2 cups of vinegar and 4 tablespoons sugar. Place in bottom of jar a layer of dill and  $\frac{1}{2}$  ounce of mixed spices; a little garlic is sometimes desired. Add 4 gallons of cucumbers of uniform size desirable for dill pickle. Then put another layer of dill and  $\frac{1}{2}$  ounce of mixed spices. Place a layer of grape leaves over the top to improve the color. Pour the brine over this.

Cover and weight down until the brine comes up over the cover. Remove scum daily. The fermentation period is about 2 or 3 weeks. These pickles are ready to be served when the fermentation process is complete. Pack cucumbers into sterilized jars. Cover with brining liquid and seal.

### **Green Tomato Dill Pickles or Okra Dill Pickles:**

Green tomatoes, if freshly picked can be used for making dill pickles. Select uniform size tomatoes in excellent condition. The amount of brine planned for 12 pounds of dill cucumbers will be sufficient for the same amount of dill tomatoes. Dill okra can be made, if a small amount of stem is left on the pod, as with cucumbers.

### **Brining Other Vegetables:**

Vegetables ordinarily used for brining are onions, cauliflower, green and red peppers, green tomatoes, burr gherkins, carrots and green beans. All vegetables brined must be fresh and of excellent quality. Onions and cauliflower take a little special care.

### **Brined Shallot Onions:**

After the onions have been dried, the outer dry skin should be removed and ends cut off before onions are put into the brine. Soak the onions first in cold water for a day.

Drain water off and add brine made from 1 pound salt per gallon of water. In 4 days drain this off and add a 60-degree brine made from 1½ pounds or 3 cups of salt per gallon of water. If the onions are to be kept in the brine after fermentation, increase the brine to 80 degrees by gaining 5 degrees each week, or adding about ¼ pound or ½ cup salt per quart of liquid each week until an 80-degree brine is obtained.

### **Brined Cauliflower:**

Select excellent quality, freshly gathered cauliflower. Remove the green outer leaves and place the heads into a brine which has been made as for cucumbers, using 1 pound salt per gallon of water or a 40-degree brine. Gradually increase brine to 60 degrees reading as in making cucumber pickles. If cauliflower is to be kept in brine, increase brine to 80 degrees as for onions. Instead of fermenting cauliflower, it can be placed into an 80-degree brine immediately until it becomes crisp and cured.

To freshen onions and cauliflower simmer them in water 20 minutes and then allow them to cool in the water. Rinse with fresh water.

### **Brined Green and Red Peppers, Burr Gherkins and Green Tomatoes:**

Green and red peppers and burr gherkins should have a small piece of stem left on the product and they should be brined in the same way as cucumbers. Start with a 40-degree brine, increasing to a 60-degree brine. Green tomatoes are also brined like cucumbers.

## **BRINED PICKLE RECIPES**

### **Sour Pickles**

Freshen the cucumbers or other vegetables as described on page 9. Pack vegetables in hot, sterilized jars. Heat vinegar to simmering and pour over vegetable. Seal immediately.

### **Spiced Pickles**

3 cups vinegar	1 tablespoon mustard seed
1 cup water	2 hot red peppers (if desired)
1½ cups sugar	1 or 2 tablespoons mixed spices

Mix ingredients and bring to boiling point. Pour hot vinegar over the freshened vegetables. More or less sugar may be added as desired.

### Sweet Pickle Rings

1 gallon freshened and primed cucumber pickles  
3 tablespoons mixed spices  
10 cups granulated sugar  
6 cloves garlic (if desired)

Cut pickles into rings about  $\frac{1}{4}$  inch thick, tie spices in a bag. Place the spice bag in the bottom of a stone jar. Put the cucumber rings in on top of spices. Sprinkle  $3\frac{1}{3}$  cups of sugar over the pickles.

Place cover on jar and let set for about 12 hours. Add  $3\frac{1}{3}$  cups of sugar; stir gently and let set for 12 more hours and add another  $3\frac{1}{3}$  cups of sugar. Stir once or twice each day for 10 days. Remove spice bag. Pack pickles into hot sterilized jars. Strain the liquid and pour over the pickles. Seal air-tight and store in cool, dry place. Less sugar can be used or  $\frac{1}{2}$  cup vinegar can be added with last sugar, if desired.

### Mustard Pickles

1 quart cucumbers  
2 cups string beans  
2 cups green peppers  
2 cups onions  
2 cups cauliflower  
1 cup sweet red peppers

### Mustard Mixture

6 cups vinegar  
 $1\frac{1}{2}$  cups sugar  
 $\frac{1}{2}$  cup ground mustard  
 $\frac{3}{4}$  cup flour  
2 teaspoons turmeric powder

Remove vegetables from brine, freshen, cut attractively for serving and drain.

Mix the dry ingredients and add sufficient cold vinegar to make a smooth paste. Add the remaining vinegar and cook quickly until mixture is thickened. Pour while hot over the freshened vegetables. Mix well, pack into hot, sterilized jars and seal air-tight.

### Pickled Onions

1 gallon small white onions  
5 cups white vinegar  
3 cups granulated sugar  
2 tablespoons mixed pickling spices

While onions are freshening, mix the sugar, vinegar and drop in spices tied in a bag. Bring to a boil. Cover and let cool. Heat and cool several times for best flavor. Pack freshened onions into hot, sterilized jars and cover with spiced vinegar. Seal air-tight and store in a cool, dry place. NOTE: More or less sugar may be added according to taste.

### Sweet Mixed Pickles

1 quart cucumbers  
1 pint sliced onions  
1 pint cut snap beans  
 $\frac{1}{2}$  pint sliced sweet red pepper  
1 pint cut cauliflower  
1 pint sliced green tomatoes  
1 pint sliced green sweet peppers

Remove vegetables from brine, freshen, cut attractively for serving, and drain. Pack into hot, sterilized jars and cover with a spiced vinegar made as follows:

4 cups vinegar	2 hot red peppers
3½ cups sugar	1 tablespoon mixed pickle
1 tablespoon celery seed	spices
1 tablespoon mustard seed	

Tie spices in a bag. Mix sugar and vinegar together and drop in spice bag. Bring to a boil, cover and set aside to cool. If the mixture is allowed to come to a boil and cool two or three times, more flavor will be extracted from the spice bag. Remove the spice bag and pour liquid over vegetables which have been packed into hot, sterilized jars. Seal air-tight and store in a cool, dry place.

### QUICK PICKLE RECIPES

Quick pickles are made from fruits or vegetables which have not been through a brining process. Some of the recipes call for an overnight soaking in salt water, often called an overnight brining. The ingredients are sometimes soaked in brine water to give them crisp texture. Some are soaked a few hours in ice water and are given the name of ice water pickles. Sour and sweet cucumber and mixed pickles made the quick way will not produce the high-quality product which the cured product gives. Fruit pickles and certain relishes are rarely made from brined products, hence they belong to the quick pickle process.

#### Bread and Butter Pickles

25 large cucumbers	2 tablespoons mustard seed
12 onions (white-medium)	(white)
½ cup salt	2 tablespoons ginger
1 pint vinegar	2 tablespoons turmeric powder
2 cups sugar	

Soak unpeeled cucumbers in water overnight. Slice cucumbers and onions and place in pan with salt (no water). Let stand 1 hour, then rinse off salt; add vinegar, sugar, mustard seed, ginger and turmeric powder. Boil all ingredients until peel turns yellow (about 40 minutes). Pack pickles solid in sterilized jars. Seal and allow to stand 10 days before using.

#### Beet Pickles

1 gallon beets	1 tablespoon allspice
2 cups sugar	(optional)
1 long stick cinnamon	1½ cups water
3½ cups vinegar	

Cook and skin beets. Add sugar and spices to vinegar and water. Simmer 15 minutes. Add beets. Boil 5 minutes. Pack hot beets into hot, sterilized jars. Cover with boiling syrup and seal.

### Dilled Green Beans

3 pounds green beans (about 3 quarts)	1 cup salt
6 cups vinegar	6 bunches dill
2 cups water	6 small cloves of garlic
	6 very small, hot red peppers

Wash beans after removing stem end. Heat vinegar, water and salt to boiling. In each sterilized jar place a piece of dill, pod of pepper and cloves of garlic. Pack beans in jars to within 1 inch of top. Heat the vinegar, water and salt to boiling, and pour over the beans. Seal and store at least 3 weeks before using.

### Crystal Pickles

7 pounds green tomatoes	6 strips cinnamon bark, 1½ to 2 in. long
2 gallons water	1 teaspoon grated nutmeg, tied in bag
1 qt. lime (air slacked lime)	1 teaspoon ground ginger, tied in bag
4½ pounds sugar	
2 quarts vinegar	
2 tablespoons salt	

Slice green tomatoes ¼ inch in thickness; place in porcelain-lined or granite vessel. Cover with 2 gallons of water in which the quart of lime has been dissolved. Let stand 24 hours. Remove; rinse well through several cold waters to remove all lime sediment. Dissolve sugar in vinegar; add cinnamon stick and cloth containing nutmeg and ginger. Heat the vinegar and spices to boiling and allow to stand for 1 hour. Add slices of green tomato and cook rapidly until slices are glazed and syrup clings to the spoon. Fill sterilized jars with the slices, arranging cinnamon sticks attractively with the slices in the jar. Discard the cloth containing nutmeg and ginger. Process in a water bath—quarts 10 minutes, pints 7 minutes. Store in a cool, dry place.

### Quick Brined Dill Cucumbers or Green Tomatoes

40 to 50 cucumbers, or green tomatoes	1 pint vinegar
4 tablespoons mixed pickle spices	2 cups salt
	4 tablespoons sugar
	2 gallons water

Fresh or dried dill

Use fresh-picked cucumbers or green tomatoes of uniform size and free from blemish. Wash well and drain. Into a 5-gallon crock place a layer of dill and spice. Fill the jar with the cucumbers or tomatoes to within 4 to 5 inches of the top. Mix the vinegar, salt, sugar and water, and pour over the vegetable. Place a layer of dill over the top. Cover with a heavy plate and weight it down to hold the vegetable under the brine. Each day remove the scum that forms over the top and keep the pickles at even room temperature, about 70° or as warm as 86° F. if possible. In about 2 weeks the pickles are ready to use—crisp, well-flavored with dill and clear throughout with no white spots when cut.

For storage, pack the cured pickles in sterilized quart glass jars, and add  $\frac{1}{2}$  cup of vinegar to each. Fill the jars with the pickle brine, which has been strained, boiled and cooled. Seal the jars air-tight, and store in a cool, dry place.

#### Sweet Pickled Carrots

1 quart vinegar	1 tablespoon mace
1 tablespoon whole cloves	4 cups sugar
1 tablespoon whole allspice	Stick cinnamon

Cook young, tender carrots until skins slip. Remove skins, slice or leave whole. Make syrup of vinegar, sugar and spices (tied in bag). Pour boiling syrup over the carrots. Let stand overnight. Bring to boil and boil 5 minutes. Pack carrots into hot sterilized jars. Fill jars to  $\frac{1}{2}$  inch of top of jar with boiling syrup. Seal immediately.

#### Mustard Pickles

3 gallons cucumbers (small to medium in size)	1 cup salt
1 gallon vinegar	1 cup prepared mustard

Wash and dry cucumbers. Pack in sterilized jars. Make a paste with mustard and a small amount of the vinegar; add salt and remaining vinegar. Pour over cucumbers and seal.

#### Sweet Cucumber Pickle Sticks

10 pounds cucumbers (1 peck)	10 cups sugar
2 cups slaked lime	3 quarts vinegar
1 gallon water	1 quart water
2 tablespoons mixed spices	

Wash and slice cucumbers into  $\frac{1}{4}$ -inch thick sticks. Add lime to water and mix well. Soak cucumbers in lime water for 24 hours. Rinse well. Soak cucumbers in clear water for 2 hours, changing water every 30 minutes. Drain; cover with pickle solution made of vinegar, water, 6 cups sugar and spices (tied in bag). Simmer 30 minutes. Let stand 2 days; drain off pickle solution. Add to it remaining 4 cups of sugar and reheat. Pour again over pickles. Simmer 10 minutes. Let stand 2 days. Pack cucumbers into hot sterilized jars. Fill jars to  $\frac{1}{2}$  inch of top with boiling pickle solution. Seal immediately.

#### Nine Day Pickles (Sweet)

$\frac{1}{2}$ bushel 3 inch cucumbers	3 ounces whole spice
5 pounds pure salt	White sugar
2 gallons white vinegar	Few grape leaves
4 tablespoons powdered alum	

- 1st day: Place washed pickles in crock, add 2½ pounds of salt, cover with water.
- 2nd day: Drain off water, pour on fresh water, add 1¼ pounds salt.
- 3rd day: Drain off water, pour on fresh water, add remaining 1¼ pounds salt.
- 4th day to 6th day: Every day drain off water and add fresh water.
- 7th day: Drain off water, prick blossom end of pickle. Into kettle put alum, grape leaves and vinegar solution made with 1 part vinegar to 3 parts water. Cover pickles with this solution and simmer 1½ hours. Return pickles and liquid into jar and let stand overnight.
- 8th day: Drain off liquid and weigh pickles. To every 7 pounds of pickles allow 3 pounds of sugar, spices and remaining vinegar. Boil in kettle for 5 minutes. Pour boiling liquid over pickles and let stand overnight.
- 9th day: Drain off spiced vinegar, bring to boil, pour over pickles, let stand until cold. Pack cold in sterilized jars.

This recipe makes a 5-gallon jar full of pickles which do not soften or shrivel, and which do not need to be sealed.

### Sweet Mixed Pickle

2 quarts cauliflower flowerets (2 medium heads)	2½ cups white vinegar
2 medium green peppers, cut into ¼-inch strips	1½ cups water
2 medium sweet red peppers, cut into ¼-inch strips	1½ cups granulated sugar
1½ pounds (9 medium) onions peeled, quartered	3 tablespoons salt
	1 tablespoon mustard seed
	1 tablespoon celery seed
	¼ teaspoon turmeric

Wash cauliflower; break into small flowerets. Cook in small amount of unsalted boiling water 5 minutes. Drain. Wash and prepare remaining vegetables. Combine remaining ingredients; heat to boiling, covered. Add vegetables and boil uncovered, 2 minutes. Quickly pack one hot sterilized jar at a time, filled to ½ inch from top. Seal each jar immediately. Yields 5 to 6 pints.

### RELISHES

#### Dixie Relish

1 pint chopped sweet red peppers	¾ cup sugar
1 pint chopped sweet green peppers	3 tablespoons salt
2 tablespoons celery seed	1 quart cider vinegar
2 tablespoons mustard seed	1 quart chopped cabbage
	1 pint chopped white onions

Quarter peppers and remove seeds and coarse white sections and soak overnight in a brine made of 1 cup salt to 1 gallon water. Freshen

in clear, cold water for 1 or 2 hours. Chop separately and measure the chopped cabbage, pepper and onions before mixing. Add spices, sugar and vinegar. Let stand overnight covered in a crock or enameled vessel. Pack into sterilized jars and close. Process 15 minutes in water bath at 180° F., or simmering temperature.

#### Corn Relish

- |                       |                          |
|-----------------------|--------------------------|
| 1 dozen ears corn     | 3 sweet green peppers    |
| 1 head cabbage        | 1 quart vinegar          |
| 1 cup sugar           | 1 tablespoon salt        |
| 2 tablespoons mustard | 1 tablespoon celery salt |
| 3 sweet red peppers   |                          |

Cook the corn for 3 minutes in boiling water to set the milk. Cool and cut from cob. Cook all ingredients together for 20 minutes. Pack into hot, sterilized jars and seal. Store in a cool, dry place.

#### Beet Relish

- |                               |                           |
|-------------------------------|---------------------------|
| 1 quart chopped cabbage       | 2 cups sugar              |
| 1 quart cooked, chopped beets | 1 tablespoon black pepper |
| 1 cup grated horseradish      | 4 tablespoons salt        |

Mix ingredients, and cover with vinegar; heat mixture to the boiling point. Pack in hot, sterilized jars and seal.

#### Piccaililli

- |   |                                    |
|---|------------------------------------|
| 1 quart green tomatoes, chopped           | 1/2 cup salt                       |
| 2 medium-sized sweet red peppers, chopped | 3 cups vinegar                     |
| 2 medium-sized green peppers, chopped     | 2 cups (firmly packed) brown sugar |
| 2 large mild onions, chopped              | 1 teaspoon mustard, or             |
| 1 small head cabbage, chopped             | 2 tablespoons mixed pickle spices  |

Combine the vegetables; cover with salt. Let stand overnight. Drain and press in a clean, thin, white cloth to remove all the liquid possible. Add the vinegar, sugar and spices and simmer until clear. Pack into clean, hot, sterilized jars. Fill jars to top; seal tightly. Makes about 3 pints.

#### Pepper-Onion Relish

- |  |                  |
|--|------------------|
| 1 quart finely chopped onion           | 1 cup sugar      |
| 2 cups finely chopped sweet red pepper | 1 quart vinegar  |
| 2 cups finely chopped green pepper     | 4 teaspoons salt |

Combine all ingredients and bring slowly to boil. Cook until slightly thickened. Pour into clean, hot, sterilized jars. Fill jars to top; seal tightly.

### Chow-Chow

- |                               |                              |
|-------------------------------|------------------------------|
| 1 quart chopped cabbage       | 1½ chopped sweet green       |
| 2 cups chopped green tomatoes | peppers                      |
| 3 chopped onions              | 1½ chopped sweet red peppers |

Mix well and put into enameled pan or stone jar. Put in layer of vegetables and sprinkle well with salt, continuing until all the vegetables are used. Sprinkle the last layer with salt. Let stand overnight and drain well the following morning. In a separate vessel put:

- |                              |                              |
|------------------------------|------------------------------|
| 1 quart vinegar              | 1½ tablespoons white mustard |
| 2 cups sugar                 | seed                         |
| 2 tablespoons ground mustard | 1 teaspoon cloves (tied in a |
| ¾ tablespoon celery seed     | bag)                         |

Heat to boiling, add the well-drained vegetables and cook slowly until tender (about ½ hour). Pack into sterilized jars and seal. Process in water bath 10 minutes at simmering temperature.

### Pepper and Pear Relish

- |   |                                      |
|---|--------------------------------------|
| 3 quarts coarsely ground bell pepper and hot pepper | 5 tablespoons salt, or salt to taste |
| 5 quarts coarsely ground pears                      | 2 tablespoons turmeric powder        |
| 3 cups sugar  | 2 tablespoons black pepper           |
| 1 quart vinegar                                     | 2 tablespoons dry mustard            |
|   | 1 tablespoon allspice                |

Combine peppers, pears, vinegar and seasoning. Cook over slow heat until pears are tender. Fill sterilized jars with boiling hot relish. Seal, place jars in hot water bath and simmer 5 minutes.

### Green Tomato Mincemeat

- |                                   |                          |
|-----------------------------------|--------------------------|
| 5 quarts green tomatoes           | 4 cups brown sugar (well |
| 5 quarts peeled and cored apples  | packed)                  |
| 2 pounds cooked and pitted prunes | 1 cup molasses           |
| 2 whole oranges, ground           | 1 tablespoon salt        |
| ½ pound suet, ground              | 2 tablespoons cinnamon   |
| 1 pound seeded raisins, ground    | 1 tablespoon nutmeg      |
| 1 pound seedless raisins          | 2 teaspoons cloves       |
|                                   | 2 cups vinegar           |

Wash green tomatoes, remove stem ends. Cut and measure. Chop the tomatoes, apples and prunes. Add the remaining ingredients and cook slowly, stirring frequently, until the mixture is thick and the flavors well blended. Pack into hot, sterilized jars and seal immediately. Yields 9 quarts.

### Pickled Sweet Red Peppers

Wash outside of peppers and wipe them dry. Cut slice from stem end and remove seeds. Cut into thin strips with scissors, or into long

ribbons, working around and around the pepper. Scald well, then drop into ice water to crisp. Drain. Put the peppers into clean, hot jars; fill to overflowing with hot syrup made in the proportions of 1 cup sugar to 2 cups vinegar; seal immediately.

#### Pear Mincemeat

Wash, quarter and core pears enough to make 2 quarts after they are ground. Cover with water and boil 10 minutes. Add:

3 cups brown sugar	2 teaspoons each ground cin-
1 cup white sugar	namon, cloves, allspice and
1 cup dark molasses	nutmeg
1 box raisins—ground	3 lemons—grated rind and
1 box currants	juice
3 cups chopped apples	2 cups fruit juice (any kind or
1 cup candied orange peel	sweet pickle juice)
1/3 pound beef suet—finely chopped	

Simmer 45 minutes. Pack into sterilized jars and seal while hot. Process in water bath for 20 minutes.

### SWEET PICKLES (FRUIT)

#### Peach Pickles

2 gallons peaches	2 sticks cinnamon bark
1 gallon sugar	1 tablespoon cloves
1 quart cider vinegar	1 tablespoon allspice

White clingstone peaches are preferable. Select firm fruit. Wash well. Remove the skin carefully.

Cook spicy syrup until thick and pour over fruit and let stand overnight. Drain off juice and boil until thick. Then add fruit. Do not stir but keep under syrup until tender and pack hot into sterilized jars. Cover with syrup; seal and store in a cool, dry place.

#### Pear Pickles

1 gallon pears	1 quart cider vinegar
2 quarts sugar	2 1/2 sticks cinnamon
1 pint water	2 tablespoons whole allspice

Kieffer pears or firm juicy pears are good pickling pears. Wash the pears, peel, cut in half or quarter and core. Boil the pears for 10 minutes in water to cover. Boil water, sugar, vinegar and spices tied loosely in cheese cloth. Add the drained pears and let stand overnight in the syrup. Next morning drain off syrup and boil down until thick. Add pears and cook until tender. Do not stir but keep under syrup. Pack hot into sterilized jars. Cover with syrup; seal and store in a cool, dry place.

## Watermelon Rind Sweet Pickles

7 pounds or 1 gallon water-melon rind	1 quart white distilled vinegar
10 cups sugar	1 stick cinnamon
	Few whole cloves

Select a thick-rind, firm melon. Cut green skin and pink flesh from rind of melon. Cut into cubes or desired shapes and sizes.

Soak several hours or overnight in cold water—better in the refrigerator. Boil in water 10 minutes, pour off water and drain. Boil vinegar, sugar and spices tied loosely in cheese cloth, to form a thick syrup. Drop rind into the thick syrup and cook until clear. Let cool and pack into hot, sterilized containers. Seal. If syrup is not thick when rind is clear, drain off syrup and boil until thick. Add rind and cool as above.

## SAUCES

### Chili Sauce

1 gallon chopped ripe tomatoes (peeled)	3 cups vinegar
2 cups chopped onion	1 red hot pepper (if desired)
2 cups chopped sweet red pepper	1 teaspoon whole cloves
3 tablespoons salt	1 teaspoon allspice
1 cup brown sugar	2 teaspoons cinnamon
	1 clove of garlic

Combine chopped vegetables. Tie spices in a bag and add to vegetables. Cook vegetables rapidly, stirring often to keep from sticking. When the vegetables have cooked to about half the original amount, add the sugar, vinegar and salt. Boil rapidly for 5 minutes, stirring constantly. Pour into hot, sterilized jars; seal and store.

### Catsup

1 gallon ripe tomatoes, peeled and chopped	2 cups vinegar
2 medium-sized onions, chopped	$\frac{3}{4}$ cup sugar
1 cup chopped, sweet red pepper	1 teaspoon salt
	1 teaspoon celery seed
	3 sticks cinnamon
	1 clove of garlic, chopped

Combine chopped vegetables, then simmer for 30 to 40 minutes. Press vegetables through a sieve. Tie spices in a cloth, add to the vinegar, and simmer for 30 minutes. Boil sieved tomatoes rapidly until they have cooked to half the original amount. Add spiced vinegar, sugar and salt to the mixture. While stirring constantly, boil the mixture for about 10 minutes, or until slightly thickened. Pour into hot, sterilized jars or bottles; seal or cap and store.

### Tabasco Sauce

3 dozen red hot peppers	1 tablespoon sugar
1 clove of garlic, chopped	1/2 teaspoon salt
1 1/2 teaspoons horseradish	1 cup cider vinegar

Cover peppers with water. Add garlic and cook until soft. Put peppers and garlic through a sieve. Add sugar, salt, vinegar and horseradish to the peppers. Simmer for about 5 minutes, or until blended. Pour into hot, sterilized jars; seal and store.

### Tomato-Apple Chutney

3 quarts (18-20) medium-sized chopped tomatoes	4 teaspoons salt
3 quarts (12-15) medium-sized chopped apples	4 cups firmly packed brown sugar
1 cup chopped green pepper	1/3 cup whole mixed pickle spices
3 cups chopped onion	4 cups vinegar
2 cups seedless raisins	

Combine tomatoes, apples, green peppers, onions, raisins, salt, sugar and vinegar. Tie spices loosely in a clean, thin, white cloth; add to tomato mixture. Bring to a boil; simmer 1 1/2 hours; stir frequently. Remove spices. Pack chutney into clean hot, sterilized jars and seal. Makes about 3 quarts.

### Pepper Sauce

1 gallon red or green hot peppers	1 clove garlic
1 1/2 cups salt	1 tablespoon horseradish
1 gallon water	5 cups vinegar
2 tablespoons sugar	1 cup water

Wash and drain peppers. Dissolve salt in one gallon water; pour over peppers. Let stand 12 to 18 hours. Rinse; drain. Add sugar, garlic, horseradish and 1 cup water to vinegar. Simmer 15 minutes. Remove garlic. Pack peppers into hot, sterilized jars. Heat pickling liquid to boiling; pour over peppers; seal at once.