



English Mustard Pickle

Ingredients

- 250g Stanley's cauliflower broken into small bits
- 175g small onions quartered and cut across
- 200g Stanley's cucumber, peeled, quartered lengthways and cut into 5cm slices
- 175g Stanley's fine beans chopped into 2.5cm lengths
- 475ml malt vinegar, 2 tabs.extra
- ¼ whole nutmeg grated
- 1/4tsp allspice
- 75g caster sugar
- 1 clove garlic, crushed with ½ tsp salt
- 20g English mustard powder
- 10g turmeric
- 1 tab. plain flour

Instructions

1. Put the cauliflower, onions and 475ml vinegar in a large saucepan, add nutmeg and allspice and bring to the boil
2. Cover and simmer for 8 mins
3. Take the lid off and add cucumber, beans, sugar and garlic
4. Bring to simmering point, for 5mins. Veg should still be slightly crisp
5. Now drain (set a large colander over a large bowl and pour the contents of the saucepan,) reserving the vinegar
6. Mix the mustard, turmeric and flour in a bowl
7. Work in the 2 extra tabs of vinegar and 1-2tab of water to a paste and add a ladle of the hot vinegar from the veg, transfer to the pan and gradually whisk the rest of the hot vinegar boil gently for 5mins
8. Put the veg in the large bowl and pour over the sauce, mix well
9. Put into warm clean jars seal with wax discs and tight lids
- 10.KEEP for 2 months in a cool dark place before eating with the cold turkey/ham etc