

# **Bread & Butter Pickles**

## **Ingredients**

- 1kg Lebanese or Continental Cucumbers
- 1 brown onion
- 2 tablespoons salt
- 500ml white wine vinegar
- 500ml water
- 500g castor sugar
- 2 teaspoons fennel seeds
- 2 teaspoons black peppercorns
- 1 teaspoon dried chilli flakes
- ½ teaspoon ground turmeric

**Note:** Begin this recipe a day ahead.

## **Method**

1. Slice cucumbers and onions and place in a bowl.
2. Cover the cucumber and onion mixture with the salt and stand overnight at room temperature. (Covered)
3. The following day, drain any liquid and rinse.
4. Combine the white wine vinegar, water, sugar, fennel seeds, peppercorns, chilli flakes and turmeric over medium heat. Stir until the sugar has dissolved and mixture comes to a boil, simmer for 5 minutes.
5. Add the cucumber and onion mixture and bring to a simmer.
6. Pack the cucumber and onion while hot into sterilised jars, pour the liquid into the jar and ensure it fully covers the mixture. Seal and leave on bench to cool before storing in cupboard or fridge. Recipe will keep for 6 months in sterilised jars. If you wish to keep longer than 6 months, I suggest you do an internet search on water bath canning.

## **Sterilising glass jars and lids**

1. You can sterilise the jars and lids in the dishwasher on the hottest cycle or
2. Wash jars and lids in hot soapy water, rinse with hot water, place jars and lid tops facing up on a tray in a cold oven. Heat oven to 120degrees and once the temperature has been reached leave in oven for 20 minutes.
3. Fill jars while still hot with the pickles to prevent glass breakage.