



Israeli Pickled Vegetables

The original recipe calls for cauliflower, carrots, cabbage & peppers, but most root vegetables work really well prepared like this.

Note: NEVER eat cassava (yuca), potatoes, sweet potatoes, yams, taro or water chestnuts raw. And don't pickle them like this either

Adapted from The Kosher Cowboy.

1. Wash and cut enough vegetables to fill 5 or 6 quart jars. Slice 1 to 5 jalapenos, depending on your spicy tolerance. (The longer the pickles sit in the fridge, the spicier they will get.) Plus 12 cloves garlic + 2 lemons, sliced thin.
2. Pack everything into jars, tightly enough to fill, but loosely enough to leave room for liquid between the pieces.
3. Boil 3½ quarts water & remove from stove.
4. Add 4½ cups vinegar + 5 TBSP kosher salt + 1 C lemon juice + 1 TBSP ground turmeric (or several pieces of fresh turmeric, peeled and thinly sliced).
5. Stir to combine thoroughly and dissolve salt & turmeric. Taste for seasoning - it shouldn't be too salty and the vinegar should come through with a nice bite.
6. Pour the hot liquid and the solids into the jars. Cover with tight lid & refrigerate for at least a day. Will stay fresh in fridge for many weeks.

