



RHUBARB

PICKLED



PRESERVING FRESH PRODUCE
MAKING THE MOST OF GREAT FOOD



INGREDIENTS:

- 450ml Cider vinegar
- 400ml Water
- 400g Sugar
- 6 Black Peppercorns
- 35g Salt
- 400g Rhubarb
- 1 piece of Orange Peel
- 1 pinch Fennel seeds

PREPARATION

1. Make a brine with the vinegar, water, sugar, salt fennel seeds and peppercorns by bringing to the boil until the sugar and salt are dissolved. Remove from heat and leave to cool slightly.
2. Cut the rhubarb into 10cm sticks and half length-ways. Pack them into a sterile jar (2 litre)
3. Pour in the warm brine until it reaches the top. Place the orange peel on top and seal tightly
4. Leave in the fridge for a week before using.

TIP! CHOP AND ADD TO SALADS, SLAWS OR SALSAS.
GOOD WITH PORK OILY FISH OR SALTY CHEESES
FOUND IN UK MARCH - OCTOBER