



# PATTY PAN

## IN LEMON BRINE



PRESERVING FRESH PRODUCE  
MAKING THE MOST OF GREAT FOOD



## INGREDIENTS:

- 1 kg Patty Pan Squash
- 4 Garlic Cloves Halved
- 2 Slices of Lemon
- 1 Pinch Dill
- 1 tsp Coriander Seeds
- 1 tsp Mustard Seed
- 1 Bay Leaf
- 8 Peppercorns
- 3 Cups White Vinegar
- 3 tblsp Pickling Salt
- 3 tblsp Sugar
- 3 Cups of Water

## PREPARATION

1. Wash and dice Squash into small pieces, exclude stalk and seeds.
2. In jars, place garlic, spices and lemon slices (squeezed.)
3. Pack the Squash tightly into the jar.
4. In a pan, mix Vinegar, Salt, Sugar and Water and bring to boil to create the brine.
5. Fill the jars with hot brine, completely covering the squash leaving a 2cm gap at top.
6. Close jar and allow to cool overnight. Keep refrigerated - Leave for two days!

**TIP! CAN BE USED COLD FROM THE JAR WITH SALADS  
OR CURRIES- LIKE A CHUTNEY PICKLE!  
FOUND IN UK AUGUST - NOVEMBER**