



Pickled CAULILINI® baby cauliflower with Lemon and Bay

Servings

6

Calories

50

Prep Time

1 hour

Total Time

13 hours

Skill Level

Medium

Ingredients

2 pounds CAULILINI® baby cauliflower
1 cup apple cider vinegar
1 cup water
2 teaspoons sea salt
peel of one lemon, sliced into strips
3 large garlic cloves, sliced
¼ teaspoon peppercorns
1 teaspoon mustard seeds
2 bay leaves



The Method

Break CAULILINI® baby cauliflower into florets.

In a large saucepan, combine apple cider vinegar, water and sea salt. Bring to a boil.

Place the lemon slices in the bottom of a quart jar and top with garlic clove slices, peppercorns, mustard seeds and bay leaves. Set aside.

When brine is boiling, add CAULILINI® baby cauliflower to the pot. Stir until the brine returns to a boil and remove from heat.

Using tongs, pack CAULILINI® baby cauliflower into the prepared jar and top with brine.

Place 2-3 slices of lemon strips on top of the CAULILINI® baby cauliflower and put a lid on the jar.

Let pickled CAULILINI® baby cauliflower sit out on counter until cool. Once they've reached room temperature, refrigerate jar.

Pickled CAULILINI® baby cauliflower is ready to eat within 12 hours, though they will continue to deepen in flavor the longer they rest.

Nutrition Facts

Serving Size: 240g | Servings: 6

Amount Per Serving

Calories 50 | Total Fat 0g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 810mg | Total Carbohydrate 10g | Dietary Fiber 5g | Sugars 4g
(Includes 0g Added Sugars) | Protein 2g | Vitamin D 0% | Calcium 6% | Iron 15% | Potassium 8%

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