



Pickled Jerusalem Artichokes

Makes 3 quarts • Refrigerator Pickling Style

Ingredients

- 2-3 pounds sunchokes (choose small ones if possible)
- Juice of 2-3 lemons
- 4 cups water
- 1/3 cup kosher or pickling salt
- 3 tablespoons turmeric
- 4 cups cider vinegar
- 1 cup white wine vinegar
- 1 cup water
- 1-2 cups sugar (depending on how sweet you want them)
- 2 tablespoons mustard seed
- 1 teaspoon dry mustard
- 1 tablespoon chile flakes or 1 dried chile per quart
- 1 clove per quart
- 1 bay leaf per quart

Supplies

- 3 one quart jars

Directions

Cut sunchokes into 1/2 inch pieces and put any cut pieces into a bowl of water with the lemon juice in it — they will discolor otherwise.

When you have them all cut, mix the 4 cups water, 1 tablespoon of the turmeric and the 1/3 cup salt. This is your brine. Brine the sunchokes for a day.

To make the pickling liquid, mix the vinegar, sugar, 1 cup water, the rest of the turmeric, mustard seed, dry mustard, chiles, cloves and bay leaves (basically everything else) and bring to a boil. Stir well and let it cool to room temperature.

Fish out a chile, clove and bay leaf and put one in each jar.

Rinse the sunchokes well, then pack into jars. Cover with the cooled vinegar mixture.

Wait at least a week before eating.

From www.honestfood.net

More tips & recipes at www.localorganicmeals.com