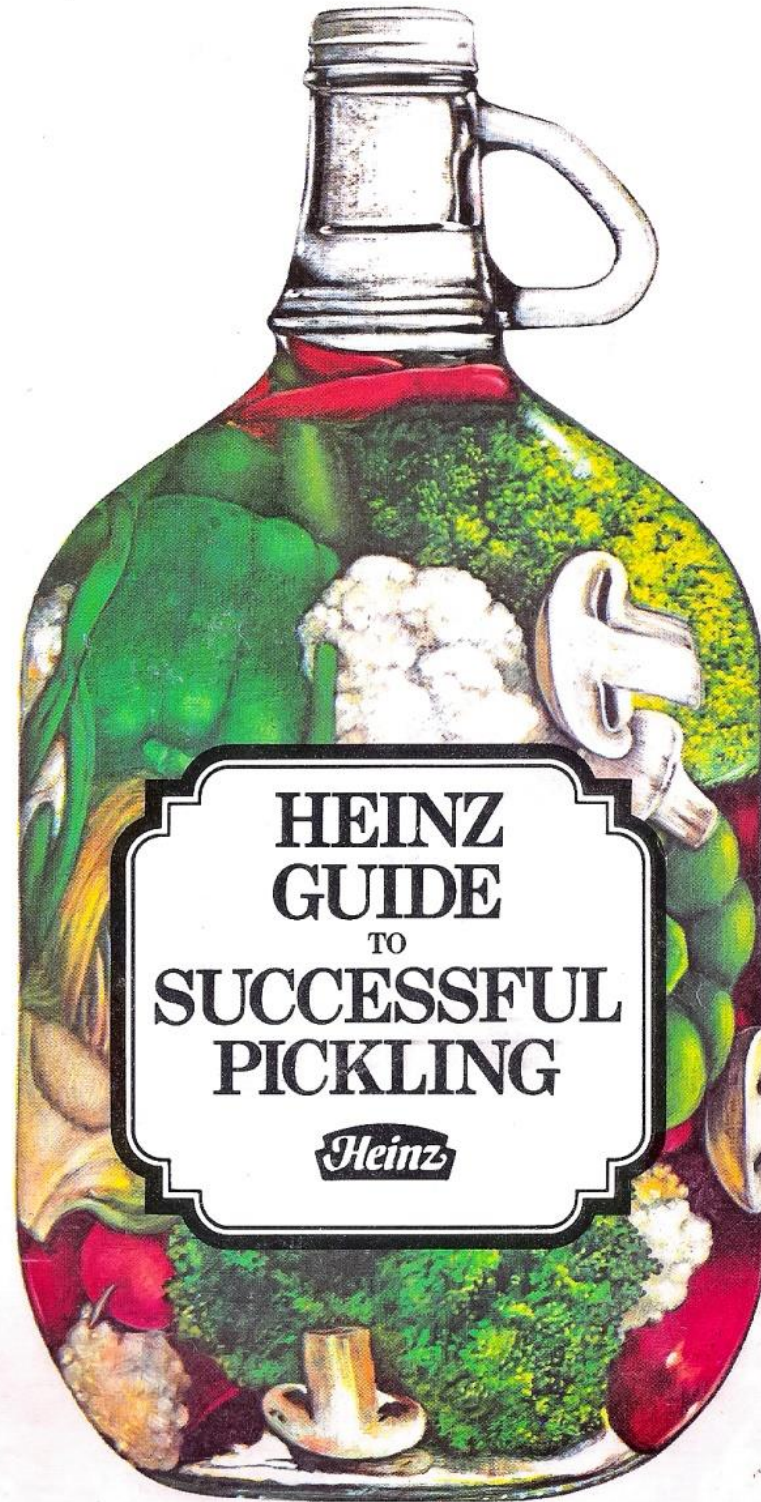


For additional copies
of this guide
or for information,
write to:

Pickling Information Center
Heinz, U.S.A.
P.O. Box 28, D-17
Pittsburgh, Pa. 15230

Heinz



**HEINZ
GUIDE
TO
SUCCESSFUL
PICKLING**

Heinz

Get Set...with top-quality ingredients



- Heinz Distilled White and Apple Cider Vinegars have been used for the recipes included in this Guide. Heinz Vinegars are “pickling-strength” which means that they are stabilized to an acidity level recommended for successful home food preservation.
- Use the varieties of cucumbers grown especially for pickling.
- For best flavor and texture, pickling cucumbers should be used within 24 hours after picking.
- Be sure to remove blossoms from the cucumbers. They can be the source of enzymes responsible for soft pickles.
- Select slightly underripe fruits since they retain their shape and texture after being pickled.
- Do not use fruits or vegetables that show evidence of mold. This may cause an off flavor in the finished product.
- Wash produce thoroughly in cold water to remove soil, but gently to avoid bruising.
- Avoid soaking produce. This causes a loss of flavor and nutrients.
- If you can not start pickling fruits and vegetables immediately, store them in the refrigerator without washing.

- Use only fresh spices, either whole or ground. Old spices impart a musty taste to preserved foods.
- Many recipes in this Guide call for whole spices tied in cheesecloth bag. Be sure to remove spice bag before filling jars. Spices left in jars tend to darken pickles.
- Use pure granulated pickling salt or uniodized table salt. Iodized table salt causes pickles to darken.
- Use soft water since minerals in hard water may interfere with the pickling process or cause pickles to darken. If soft water is unavailable, boil water; then let it cool and remove scum.
- The use of alum and lime is not necessary for crisp pickles when good quality ingredients and standardized recipes and procedures are used.

Pickling Categories

- **QUICK PROCESS PICKLES** — vegetables are prepared, simmered in spiced vinegar liquid, packed and processed.
- **BRINED PICKLES** — vegetables are prepared, soaked for several hours or overnight in a brine; then either packed, covered with boiling spiced vinegar and processed; *or*, simmered in the spiced vinegar, packed and processed.
- **FRUIT PICKLES** — such as watermelon rind, cantaloupe, pumpkin and pears are simmered in a spicy sweet/sour liquid, packed and processed.
- **RELISHES** — a variety of vegetables that are chopped or coarsely ground, simmered in a spiced vinegar liquid then packed and processed.

“Quicker than quick” processing

- The last section in this Guide contains “Quickie” recipes that “process in the refrigerator” (covered and chilled overnight to blend flavors). They include many different varieties to be served as appetizers, salads, meat accompaniments, garnishes and relishes.

Get Pickling...with the proper method



All the recipes in this Guide, with the exception of the "Quickies", are processed in a boiling-water bath.

Carefully read and become familiar with the step-by-step directions.

For best results, follow each recipe and refer back to this section as needed.

BOILING-WATER BATH — is a method recommended by the USDA for processing pickles and relishes in boiling water (212°F.) to help destroy bacteria, molds, yeast and enzymes which cause spoilage of food.

- Before beginning the preparation of the recipe, fill water-bath canner or deep kettle with enough water to cover jars at least one inch. Water should be boiling when jars are ready for processing.
- Follow specific directions for recipe preparation.
- Pack clean hot jars firmly and uniformly, making sure that the pickling liquid fills in, around and over the ingredients. Fill to level indicated in the recipe.
- Release any air bubbles by inserting the blade of a metal spatula or table knife between the contents and side of the jar.
- Add more boiling pickling liquid if needed.
- Wipe top of jar with clean, damp cloth to remove any spills, food particles, seeds or spices.
- Adjust caps as manufacturer directs.
- Place filled jars on wire rack in boiling-water bath. Be sure there is enough boiling water to cover jars at least one inch without boiling over. Cover kettle with tight-fitting lid.
- Adjust processing time according to chart for altitudes 1,000 feet or more above sea level.

- Processing time begins when water returns to a "rolling boil". Keep water boiling steadily; add more boiling water if kettle starts to "boil down".
- At the end of processing time, carefully remove jars from water using a jar lifter. For safety's sake, lift jars at their shoulders, rather than by their lids. Complete seal if necessary.



Altitude Adjustments

Processing times as given in the recipes are for altitudes of less than 1,000 feet above sea level.

At altitudes of 1,000 feet or above, increase recommended processing time as follows:

Altitude (Feet)	Increase in processing time (minutes)
1,000	1
2,000	2
3,000	3
4,000	4
5,000	5
6,000	6
7,000	7
8,000	8
9,000	9
10,000	10

Common Weights and Measures

3 teaspoons=1 tablespoon	1 cup=8 fluid ounces
4 tablespoons=1/4 cup	1 cup=1/2 pint
5-1/3 tablespoons=1/3 cup	2 cups=1 pint
8 tablespoons=1/2 cup	4 cups=1 quart
10-2/3 tablespoons=2/3 cup	4 quarts=1 gallon
12 tablespoons=3/4 cup	8 quarts=1 peck
16 tablespoons=1 cup	4 pecks=1 bushel
1 ounce=28.35 grams	1 quart=946.4 milliliters
1 gram=0.035 ounces	1 liter=1.06 quarts

Cooling, Storage and Usage



To cool pickles

- Place jars upright on wire rack or thick towel, several inches apart to allow for circulation of air. Keep away from drafts. Do not cover.
- Cool 12 to 24 hours without disturbing.
- Test jars for airtight seals according to manufacturer's directions. If jars are not properly sealed, refrigerate and use within a week.

To store for future enjoyment

- Wipe jars with clean, damp cloth.
- Label with name of recipe and date.
- Store in a dark, dry, cool place where there will be no danger of freezing. Freezing may crack the jars or break the seals allowing bacteria to enter which may cause spoilage.

To use

- Before serving, chill to crisp.
- When opening, check for possible signs of spoilage . . . a bulging lid, leakage, mold, off-odor, unusually soft, mushy or slippery pickles. If there is even a slight indication of spoilage, *do not taste*. Dispose of the product so that no person or animal can be harmed by it; then wash and sterilize the jar.

Common Causes of Pickling Problems

Hollow pickles may be caused by:

- Too much time elapsing between picking and pickling. A good rule-of-thumb is to start processing as soon as possible after picking or purchasing. If pickling can not begin immediately, refrigerate or spread pickles out where they will be ventilated and cool.
- Poorly developed cucumbers. Check whole pickling cucumbers while washing — the hollow cucumbers usually float. These can be used in relishes or "chunk" style pickles.

Soft or slippery pickles may be caused by:

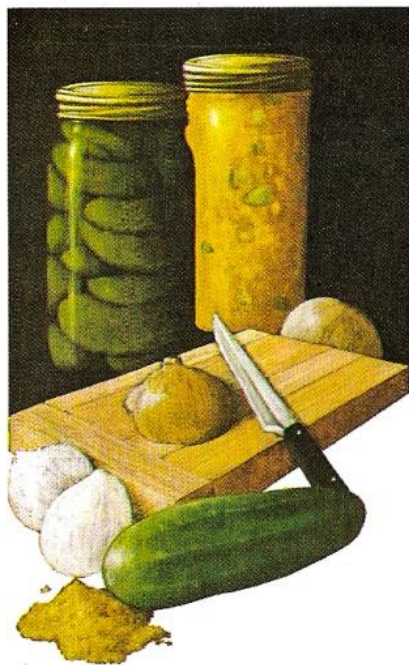
- Too little salt or acid. Use a standardized recipe and a vinegar of 4-6% acidity.
- Cucumbers not being thoroughly washed or not having the stem and blossom end removed.
- Not enough vinegar solution to cover pickles when they were packed.
- Jars not being sealed airtight. Cap each jar immediately after packing prior to processing.
- Insufficient heat treatment. Check altitude chart and do not start counting the processing time until the water has returned to a boil.

Dark pickles may be caused by:

- Minerals in water, especially iron.
- Use of ground spices or packing spice bag in jar.
- Use of iodized salt.
- Too much spice.
- Overcooking.
- Using iron utensils in preparation.

Shriveled pickles may be caused by:

- Using too much salt, sugar or vinegar at the start of the pickling process. A standardized recipe must be followed.



Sours

... a tart, tangy taste sensation to please all ages. Chill before serving to add crispness and crunch to your "bill of fare".

DILL PICKLES

4 pounds 4-inch pickling cucumbers
1/4 cup salt
2-3/4 cups Heinz Distilled White Vinegar
3 cups water
12-14 sprigs fresh dill weed
28 peppercorns

Wash cucumbers; cut in half lengthwise. Combine salt, vinegar and water; heat to boiling. Pack cucumbers into clean jars. Add 2 sprigs dill weed and 4 peppercorns to each jar. Pour vinegar solution over cucumbers to within 1/2 inch of top. Immediately adjust covers as jar manufacturer directs. Process 10 minutes in boiling-water bath. Makes 6-7 pints.

KOSHER DILLS

4 pounds 4-inch pickling cucumbers
14 cloves garlic, peeled, split
1/4 cup salt
2-3/4 cups Heinz Distilled White Vinegar
3 cups water
12-14 sprigs fresh dill weed
28 peppercorns

Wash cucumbers; cut in half lengthwise. Combine garlic and next 3 ingredients; heat to boiling. Remove garlic and place 4 halves into each clean jar, then pack cucumbers, adding 2 sprigs dill weed and 4 peppercorns. Pour hot vinegar solution over cucumbers to within 1/2 inch of top. Immediately adjust covers as jar manufacturer directs. Process 10 minutes in boiling-water bath. Makes 6-7 pints.

SOUR GHERKINS

2-1/2 pounds 2-inch pickling cucumbers
1/2 cup pickling salt
2 quarts boiling water
2 quarts Heinz Distilled White Vinegar
4-1/2 cups granulated sugar
1/4 cup mustard seed
1 tablespoon celery seed
2 tablespoons whole allspice
2 tablespoons whole cloves
2 (3-inch) cinnamon sticks

Wash cucumbers. Dissolve salt in boiling water; add cucumbers. Soak 24 hours; drain. Heat vinegar to boiling; pour over cucumbers; let stand 24 hours. Drain, retaining vinegar. Combine vinegar, sugar, mustard and celery seeds. Tie allspice, cloves and cinnamon in cheesecloth bag; add to mixture. Boil 5 minutes; remove spice bag. Pack pickles in clean, hot jars. Cover with boiling syrup to within 1/2 inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4 pints.

PICKLES INDIENNE

3 pounds 4 to 5-inch pickling cucumbers
1 cup granulated sugar
2 tablespoons salt
2 tablespoons mustard seed
2 teaspoons curry powder
1-1/2 teaspoons celery seed
1-2/3 cups Heinz Distilled White Vinegar
1 cup water

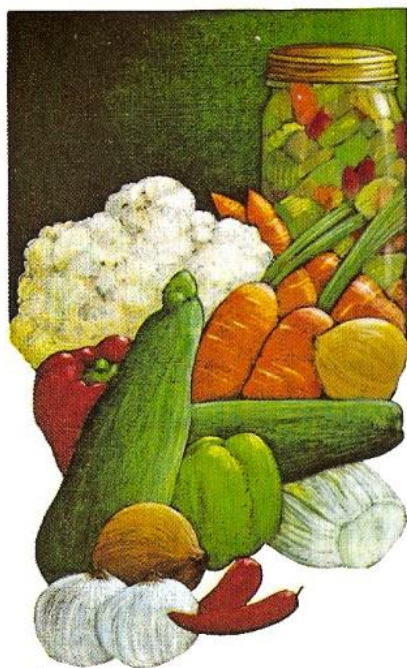
Wash cucumbers; cut into chunks. Combine sugar and remaining ingredients in saucepot; heat to boiling. Add cucumbers; heat just

to boiling. Simmer while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 3-4 pints.

CUCUMBER ONION MUSTARD PICKLES

1-1/3 cups granulated sugar
1/3 cup salt
2 tablespoons cornstarch
1-1/2 teaspoons powdered alum
1 teaspoon ground ginger
1/2 teaspoon ground turmeric
1/4 teaspoon pepper
2 tablespoons Heinz Mild Mustard
3 cups Heinz Distilled White Vinegar
1 cup water
6 pounds 3 to 4-inch pickling cucumbers
1 quart thinly sliced onions (4-5 medium)

Combine first 7 ingredients in large saucepot. Gradually stir in mustard, then vinegar and water. Cover; bring to a boil. Meanwhile wash cucumbers; cut crosswise into 1/4-inch slices. Add cucumbers and onions to vinegar solution; cover; heat just to boiling. Simmer while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 7-8 pints.



Sweets

... a medley of whole, strips, slices and chunks of pickles. Gently preserved in a not-too-sweet, not-too-spicy syrup, the Sweets will tickle your palate.

14 DAY SWEET PICKLES

- 4 pounds 2-inch pickling cucumbers
- 1 cup pickling salt
- 2 quarts boiling water
- 1/2 teaspoon powdered alum
- 5 cups Heinz Distilled White Vinegar
- 3 cups granulated sugar
- 1-1/2 teaspoons celery seed
- 4 (2-inch) cinnamon sticks
- 1-1/2 cups granulated sugar

Wash cucumbers; cut in half lengthwise. Dissolve salt in boiling water; pour over cucumbers in large crock or nonmetallic container. Weight cucumbers down with a plate almost as large as the crock. Lay a large jar filled with water on plate to keep cucumbers under brine. Let stand in a cool place (68°-72°F.) for seven days, removing scum as it forms on top. Eighth day, drain; pour 2 quarts boiling water over cucumbers; let stand 24 hours. Ninth day, drain; pour 2 quarts boiling water mixed with 1/2 teaspoon powdered alum over cucumbers; let stand 24 hours. Tenth day, drain; pour 2 quarts boiling water over cucumbers. Eleventh day, drain. Combine vinegar, 3 cups sugar and next 2 ingredients; heat to boiling; pour over cucumbers. For the next two days, drain, retaining liquid. Reheat this liquid, adding 1/2 cup sugar each morning; pour over cucumbers. On the last day, drain, retaining liquid. Pack pickles in clean, hot jars. Discard cinnamon sticks; add remaining 1/2 cup sugar to liquid; heat liquid to boiling. Continue simmering while filling jars to within 1/2 inch of top making sure vinegar solution covers pickles. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5 pints.

MIXED PICKLES

- 1/4 cup Heinz Mild Mustard
- 4-2/3 cups Heinz Distilled White Vinegar
- 3-1/2 cups granulated sugar
- 1/2 cup salt
- 3 tablespoons celery seed
- 2 tablespoons mustard seed
- 1/2 teaspoon whole cloves
- 1/2 teaspoon ground turmeric
- 1-1/2 teaspoons powdered alum
- 4 pounds 3 to 4-inch pickling cucumbers, cut into chunks
- 2 pounds small onions, peeled, quartered
- 1 quart (1-1/2-inch) celery pieces
- 2 cups (1/2-inch) carrot pieces
- 2 cups chopped sweet red peppers
- 2 cups cauliflower flowerets

In saucepot blend mustard with a little vinegar; stir in remaining vinegar, sugar and next 6 ingredients; heat to boiling. Add cucumbers and remaining vegetables; heat just to boiling. Simmer while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 9-10 pints.

SWEET PICKLE CHIPS

- 4 pounds 3 to 4-inch pickling cucumbers
- 1 quart Heinz Distilled White Vinegar
- 1/2 cup granulated sugar
- 3 tablespoons salt
- 1 tablespoon mustard seed
- 3 cups granulated sugar
- 1-2/3 cups Heinz Distilled White Vinegar
- 1 tablespoon whole allspice
- 2-1/4 teaspoons celery seed

Wash cucumbers; cut crosswise into 1/4-inch slices. Combine with

1 quart vinegar, 1/2 cup sugar, salt and mustard seed in large saucepot. Cover; simmer 5 to 7 minutes or until cucumbers change from a bright to dull green color. Meanwhile, combine 3 cups sugar, 1-2/3 cups vinegar, allspice and celery seed in another pan; heat just to boiling. Drain cucumbers; discard liquid. Pack hot slices in clean, hot jars. Cover with boiling syrup to within 1/2 inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4-5 pints.

Hints:

Use fresh herbs and spices. Spices lose flavor and deteriorate quickly after packages have been opened.

Pickling cucumbers that measure less than 2 inches are called gherkins.

For successful pickling follow recipe and procedure exactly. Refer to pages 8-9.

Add spice to meals and snacks by serving a variety of chilled, crisp pickles and relishes often.



FRESH CUCUMBER PICKLES

- 4-2/3 cups Heinz Distilled White Vinegar
- 1/4 cup Heinz Mild Mustard
- 3-1/2 cups granulated sugar
- 1/3 cup salt
- 3 tablespoons celery seed
- 2 tablespoons mustard seed
- 1-1/2 teaspoons powdered alum
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon whole cloves
- 6 pounds 3 to 5-inch pickling cucumbers, cut into 1/4-inch slices
- 1 quart thinly sliced onions (4-5 medium)
- 1-1/2 cups chopped celery
- 2/3 cup chopped green pepper

In large saucepot blend mustard with a little vinegar. Add remaining vinegar, sugar and next 6 ingredients. Cover; heat to boiling. Add cucumbers and remaining vegetables. Cover; heat just to boiling. Simmer while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 9 pints.

ICICLE PICKLES

- 3 pounds 4-inch pickling cucumbers
- 6 small onions, peeled, quartered
- 6 (4-inch) pieces celery
- 1 tablespoon mustard seed
- 1 quart Heinz Distilled White Vinegar
- 2-1/2 cups granulated sugar
- 1/4 cup salt
- 1 cup water

Wash cucumbers; cut lengthwise into eighths. Soak in ice water 3 hours. Drain; pack into clean

jars. Add 1 onion, 1 piece celery and 1/2 teaspoon mustard seed to each jar. Combine vinegar and remaining ingredients; bring to boil. Pour vinegar solution over cucumbers to within 1/2 inch of top. Immediately adjust covers as jar manufacturer directs. Process 10 minutes in boiling-water bath. Makes 6 pints.

BREAD AND BUTTER PICKLES

- 2 pounds medium-size pickling cucumbers (12-15)
- 5 cups thinly sliced onions (5-6 medium)
- 1/2 cup salt
- 3 cups water
- 1-1/2 cups granulated sugar
- 2 teaspoons mustard seed
- 1-1/2 teaspoons ground ginger
- 1 teaspoon ground turmeric
- 3 cups Heinz Distilled White Vinegar
- 2 cloves garlic

Wash cucumbers; cut crosswise into 1/8-inch slices. Combine with onions in large crock or non-metallic container. Dissolve salt in water; pour over vegetables. Weight vegetables down with a plate almost as large as the crock. Lay a large jar filled with water on plate to keep vegetables under brine; let stand 2 hours. Combine sugar and remaining ingredients in large saucepot; bring to boil; remove garlic. Drain vegetables; add to hot syrup; heat just to boiling. Simmer while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 3-4 pints.

ZUCCHINI PICKLES

- 1 quart Heinz Distilled White Vinegar
- 2 cups granulated sugar
- 1/4 cup salt
- 2 teaspoons celery seed
- 2 teaspoons ground turmeric
- 1 teaspoon dry mustard
- 5 pounds (5 to 6-inch) zucchini, unpeeled, cut into 1/4-inch slices
- 1 quart thinly sliced onions (4-5 medium)

Combine first 6 ingredients in saucepan; bring to a boil. Pour over zucchini and onions; let stand 1 hour, stirring occasionally. In saucepot, bring mixture to a boil, then simmer 3 minutes. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 6-7 pints.

SWEET ONION RINGS

- 8 cups sliced onions (about 3 pounds)
- Boiling water
- 1 cup Heinz Distilled White Vinegar
- 1 cup granulated sugar
- 2 teaspoons salt
- 1/2 teaspoon mustard seed

Cook onions in boiling water 4 minutes; drain. Combine vinegar and remaining ingredients in large saucepan; bring to boil. Add onions; simmer 4 minutes. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers onions. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 2-3 pints.

Hints:

Sweet Onion Rings make an excellent sandwich or meat accompaniment.

Christmas shopping early? Prepare extras of your favorites for gift-giving.

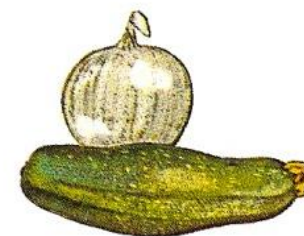
Sweet and spicy vegetable or fruit pickle lend a refreshing contrast to the "cheese tray".

Many of the recipes call for distilled white vinegar. If you prefer the subtle fruit flavor of apple cider vinegar you may substitute.

Do not use cucumbers with waxy surface for pickling.

Before serving, chill pickles and relishes for added crunch.

Zucchini, a green-skinned, soft shelled squash, shaped like a cucumber, is available all year.





Relish Dishes

... an assortment of Summer's harvest, just right for the relish tray. Try them in sandwich spreads, salads and salad dressings, too!

GREEN BEAN MUSTARD RELISH

- 2-1/2 pounds green beans, sliced crosswise 1/4-inch thick (2 quarts)
- 2 cups chopped onions (3 medium)
- 1-1/2 cups chopped celery
- 3 cups Heinz Distilled White Vinegar
- 2 cups firmly packed light brown sugar
- 1/4 cup all-purpose flour
- 1/4 cup dry mustard
- 1-1/2 teaspoons ground turmeric
- 1-1/2 cups cold water
- 1-1/2 teaspoons celery seed

Cook vegetables in lightly salted boiling water until tender (about 30 minutes); drain, discarding liquid. In separate saucepot, combine vinegar and sugar; heat to boiling. Meanwhile, combine flour, mustard and turmeric with cold water; stir slowly into hot vinegar mixture. Add celery seed; simmer 20 minutes, stirring occasionally. Add vegetables; simmer 10 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5 pints.

Hints:

Do not dilute vinegar unless it is specified in the recipe.

Before starting, read the complete recipe to make sure you have all the ingredients on hand.

APPLE CHUTNEY

- 3 pounds green tomatoes (10-12 medium)
- 3 medium sweet red peppers
- 4 medium onions
- 4 medium red cooking apples
- 2 cups Heinz Distilled White Vinegar
- 2-1/2 cups granulated sugar
- 1-1/2 tablespoons salt
- 1-1/2 teaspoons pepper
- 1-1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground cloves

Wash, trim and quarter tomatoes, peppers and onions. Quarter and core apples; do not pare. Put vegetables and fruit through food grinder, using coarse blade; drain, discarding liquid. Combine vinegar and remaining ingredients in saucepot; heat to boiling. Add vegetables; simmer 30 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 6 pints.

VEGETABLE RELISH

- 2-1/2 pounds green peppers (about 12 medium)
- 1 small head cabbage (1 pound)
- 1 pound onions (3-4 large)
- 1 pound carrots (7 medium)
- 2-3/4 cups Heinz Distilled White Vinegar
- 3/4 cup water
- 1-1/2 cups granulated sugar
- 3 tablespoons salt
- 1 tablespoon mustard seed
- 1 tablespoon celery seed

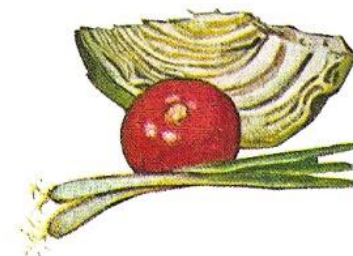
Wash, trim and quarter vegetables. Put vegetables through

food grinder, using coarse blade; drain, discarding liquid. Combine vinegar and remaining ingredients in large saucepot; heat to boiling. Add vegetables; simmer 5 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5-6 pints.

CELERY RELISH

- 2 cups Heinz Distilled White Vinegar
- 1/2 cup water
- 1-1/4 cups granulated sugar
- 2-1/2 tablespoons salt
- 2-1/2 tablespoons mustard seed
- 1/2 teaspoon ground turmeric
- 2 quarts sliced celery (about 2 pounds)
- 3 cups chopped onions (4-5 medium)
- 1-1/2 cups chopped green peppers (2-3 medium)
- 1-1/2 cups chopped sweet red peppers (2-3 medium)

Combine first 6 ingredients in saucepot; heat to boiling. Add vegetables; simmer 3 minutes. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5 pints.



CORN RELISH

16-20 ears young tender corn
1-1/4 cups chopped onions
1 cup chopped green pepper
1 cup chopped sweet red pepper
1 cup chopped celery
2-2/3 cups Heinz Distilled White Vinegar
2 cups water
1-1/2 cups granulated sugar
1-1/2 tablespoons mustard seed
1 tablespoon salt
1 teaspoon celery seed
1/2 teaspoon turmeric

Peel husks and silks from corn; trim blemishes. Boil corn 5 minutes, then quickly dip in cold water. Cut kernels from cob; measure 2-1/2 quarts cut corn. Combine corn with onions and remaining ingredients in saucepot. Simmer 20 minutes, stirring occasionally. Pack into clean jars to within 1/2 inch of top making sure vinegar solution covers vegetables. Immediately adjust covers as jar manufacturer directs. Process 15 minutes in boiling-water bath. Makes 6-7 pints.

BEEF RELISH

4 pounds fresh beets, peeled (18 medium)
1 pound onions (4-5 medium)
1 pound sweet red peppers (5-6 medium)
3 cups Heinz Distilled White Vinegar
2 cups granulated sugar
2 teaspoons salt
2 tablespoons mixed pickling spice

Wash, trim and quarter vegetables. Put vegetables through food grinder, using coarse blade; drain, discarding liquid. Combine

vinegar, sugar and salt in saucepot; heat to boiling. Add vegetables and pickling spice tied in cheesecloth bag; simmer 30 minutes, stirring occasionally. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5-6 pints.

INDIA RELISH

6 pounds green tomatoes (22 medium)
2-3 medium onions
2 medium sweet red peppers
1 medium green pepper
1 large stalk celery
1-3/4 cups Heinz Distilled White Vinegar
1-2/3 cups granulated sugar
3 tablespoons salt
1-1/2 teaspoons celery seed
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cloves
1/2 teaspoon ground allspice
1/2 teaspoon ground turmeric
1/4 teaspoon cayenne pepper

Wash, trim and quarter vegetables. Put vegetables through food grinder, using medium blade; drain, discarding liquid. Combine vinegar and remaining ingredients in saucepot; heat to boiling. Add vegetables; simmer 10 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5-6 pints.

CHOW-CHOW RELISH

2 quarts chopped cabbage (1 medium head)
1-1/2 pounds onions, chopped (6-8 medium)
6 medium green peppers, coarsely chopped (1 pound)
6 medium sweet red peppers, coarsely chopped (1 pound)
1 quart chopped green tomatoes (1-1/2 pounds)
1/4 cup pickling salt
2 tablespoons Heinz Mild Mustard
1-1/2 quarts Heinz Distilled White Vinegar
2-1/2 cups granulated sugar
2 tablespoons mustard seed
1 tablespoon celery seed
1 tablespoon mixed pickling spice
1-1/2 teaspoons ground turmeric
1-1/2 teaspoons ground ginger

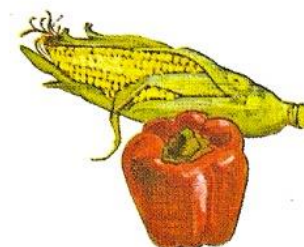
In large crock or nonmetallic container, combine first 5 ingredients and salt. Cover; let stand overnight; drain. In large saucepot, blend mustard with a little vinegar; add remaining vinegar, sugar and spices. Simmer 20 minutes. Add vegetables; simmer 10 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 6-8 pints.

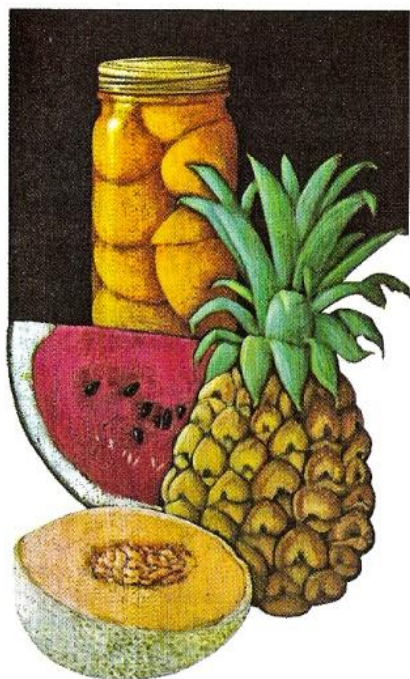
PEPPER RELISH

4 pounds green peppers (18-20 medium)
1 pound onions (3-4 large)
2 cups Heinz Distilled White Vinegar
1-1/4 cups granulated sugar
2 tablespoons salt
1 teaspoon mustard seed
1 teaspoon ground cinnamon
1/2 teaspoon ground allspice
1/2 teaspoon ground ginger
1/2 teaspoon ground cloves

Wash, trim and quarter peppers and onions. Put vegetables through food grinder, using coarse blade; drain, discarding liquid. Combine vinegar and remaining ingredients in saucepot; heat to boiling. Add vegetables; simmer 5 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4 pints.

NOTE: When made from tender young peppers, the relish will retain a fresh flavor longer. To get full flavor from this relish, it is recommended to be used within 6 months.





Spiced Fruits

... ideal companions for meat, poultry and fish entrees. They're also great as an "I-made-it-myself" gift for friends.

SPICED WATERMELON RIND

- *10 cups (1-inch cubes) prepared watermelon rind
- Salt-water (2 quarts water plus 6 tablespoons salt)
- 4 cups granulated sugar
- 2 cups Heinz Distilled White Vinegar
- 6 (3-inch) cinnamon sticks
- 2 tablespoons whole allspice
- 2 tablespoons whole cloves

Soak rind overnight in salt-water. Drain; cover with fresh water. Cook until tender; drain. Combine sugar and vinegar in saucepot; heat to boiling. Add spices tied in cheesecloth bag, then rind. Simmer about 45 minutes or until rind is transparent, stirring occasionally. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers rind. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 3 pints.

*To prepare rind, trim outer green skin and pink flesh.

SPICED PUMPKIN

- 12 cups (1-inch cubes) pumpkin (about 3-1/2 pounds)
- 4-1/2 cups granulated sugar
- 2 cups Heinz Distilled White Vinegar
- 2 tablespoons whole allspice
- 2 tablespoons whole cloves

Cover pumpkin with water; cook about 10 minutes or until tender; drain. Combine sugar and vinegar in saucepot; heat to boiling. Add spices tied in cheesecloth bag, then pumpkin. Simmer 30 minutes, stirring occasionally. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers pumpkin. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4-5 pints.

SPICED CANTALOUPE

- 4 medium cantaloupes (about 9-10 pounds)
 - 3 quarts water
 - 2 teaspoons powdered alum
 - 4 cups granulated sugar
 - 2 cups Heinz Distilled White Vinegar
 - 1 cup water
 - 4 (3-inch) cinnamon sticks
 - 1 tablespoon whole cloves
 - 1 tablespoon whole allspice
- Quarter melons; remove seeds and rind. Cut crosswise into 1/4-inch pieces. Combine 3 quarts water and alum; pour over melon. Cover; let stand overnight. Drain; rinse. In saucepot, combine sugar, vinegar, 1 cup water and spices tied in cheesecloth bag; simmer 5 minutes. Add melon; simmer 20 minutes, stirring occasionally. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers melon. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 6-7 pints.

SPICED CRANBERRIES

- 1-1/3 cups Heinz Distilled White Vinegar
- 2/3 cup water
- 4 cups granulated sugar
- 4 teaspoons ground ginger
- 1 teaspoon ground cloves
- 2 pounds fresh cranberries, washed (2 quarts)

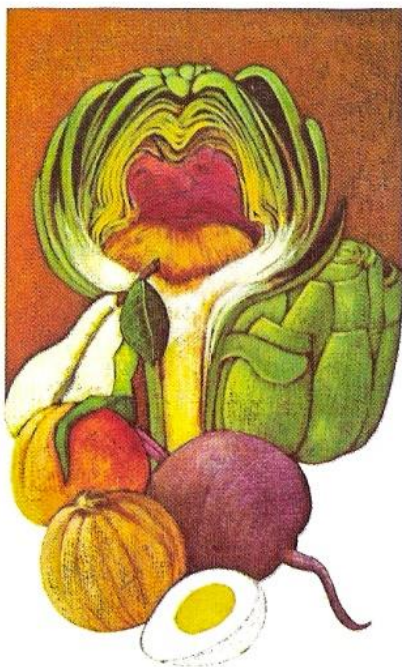
Combine first 5 ingredients in saucepot; heat to boiling. Add cranberries; simmer 25 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers cranberries. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4 pints.

SPICED PINEAPPLE

- 2 fresh pineapples
 - 1-1/2 cups granulated sugar
 - 3/4 cup water
 - 1/3 cup Heinz Distilled White Vinegar
 - 10 whole cloves
 - 1 (3-inch) cinnamon stick
- Cut pineapple crosswise into 1/2-inch slices; pare; remove eyes. Quarter slices; remove cores. Combine sugar, water and vinegar; heat to boiling. Add spices tied in cheesecloth bag, then pineapple. Simmer 30 minutes, stirring occasionally. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within 1/2 inch of top making sure vinegar solution covers fruit. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 2 pints.

SPICED PEARS

- 3-1/2 pounds medium-ripe pears (14-16 medium)
 - Vinegar-water (2 quarts water plus 2 tablespoons vinegar)
 - 2-1/2 cups granulated sugar
 - 1-1/4 cups Heinz Distilled White Vinegar
 - 1 cup water
 - 2 tablespoons whole cloves
 - 2 pieces (1-inch each) whole ginger
 - 7 (3-inch) cinnamon sticks
- Cut pears in half; core and pare. Place in vinegar-water to prevent browning. Combine sugar, 1-1/4 cups vinegar, 1 cup water; heat to boiling. Add spices tied in cheesecloth bag; simmer 5 minutes. Drain pears; add to syrup; simmer 5 minutes or until tender. Remove spice bag. Pack pears in clean jars. Pour hot syrup over pears to within 1/2 inch of top. Immediately adjust covers as jar manufacturer directs. Process 15 minutes in boiling-water bath. Makes 3-4 pints.



Quickies

... a tempting array of tasteful treasures. Just fix. Mix. Then ... refrigerate overnight. Ideal for festive occasions. Can be served as appetizers, meat accompaniments, garnishes or relishes.

PICKLED EGGS

- 2 tablespoons Heinz Mild Mustard
2 cups Heinz Distilled White or Apple Cider Vinegar
1/2 cup water
1 cup granulated sugar
1 tablespoon salt
1 tablespoon celery seed
1 tablespoon mustard seed
6 whole cloves
2 medium onions, sliced
12 hard-cooked eggs

In saucepan, blend mustard with a little vinegar; add remaining vinegar and next 6 ingredients. Cover; heat to boiling; simmer 10 minutes; cool. Pour over onions and eggs. Cover; refrigerate overnight. Serve on relish tray or as a salad. Makes 12 pickled eggs.

ATHENIAN ARTICHOKEs

- 1 package (9 ounces) frozen
artichoke hearts
1 tablespoon salad or olive oil
1/4 cup Heinz Vinegar
1/4 cup thinly sliced onion,
separated into rings
2 tablespoons chopped
pimiento
2 tablespoons chopped green
pepper
1 clove garlic, minced
1 teaspoon salt
Dash pepper
Dash paprika

Cook artichokes following package directions; drain; chill. Combine salad oil and remaining ingredients in jar; shake well. Pour dressing over chilled hearts. Cover; chill several hours or overnight, stirring occasionally. Serve as relish, salad or appetizer. Makes 2 cups.

QUICKY PICKLED BEETS

- *1 can (1 pound) sliced beets
1/2 cup Heinz Vinegar
2 tablespoons sugar
1/2 teaspoon ground ginger
1/2 teaspoon ground allspice
1/4 teaspoon salt
1 medium onion, sliced, separated into rings (optional)

Drain beets reserving 3/4 cup liquid. Combine beet liquid with vinegar and next 4 ingredients in saucepan. Bring to boil; pour over beets. Refrigerate overnight in covered bowl. Onion may be added just before serving. Makes 4-6 servings.

*1 can (1 pound) small whole beets may be substituted. Add enough water to beet liquid to measure $\frac{3}{4}$ cup.

PEACH CHUTNEY

- 1 can (1 pound 13 ounces)
peach halves, drained
1/3 cup firmly packed light
brown sugar
1/3 seedless raisins
1/3 cup honey
1/2 cup Heinz Apple Cider
Vinegar
1/8 teaspoon ground mace
6 whole cloves
1 (3-4 inch) cinnamon stick,
broken

Coarsely chop peaches; combine with brown sugar and next 4 ingredients in saucepan. Tie cloves and cinnamon in cheesecloth bag; add to peach mixture. Simmer 30 minutes, stirring occasionally. Remove spice bag. Pour chutney into glass bowl; cover; chill. Serve as a meat accompaniment with roast pork, ham or poultry. Makes about 2-1/3 cups.

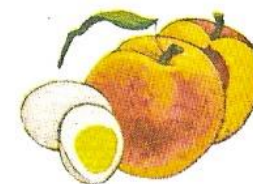
DELICATESSEN SALAD

- 1 can (1 pound) cut green beans, drained
- 1 can (1 pound) cut yellow beans, drained
- 1 can (1 pound) green lima beans, drained
- *1 can (1 pound 4 ounces) garbanzo beans, drained
- 1/2 cup chopped green pepper
- 1/2 cup chopped onion
- 1 can (4 ounces) pimiento, chopped (1/2 cup)
- 1/2 cup salad oil
- 1/2 cup Heinz Wine or Apple Cider Vinegar
- 1/2 cup granulated sugar
- 1 tablespoon salt
- 1 teaspoon white pepper

Combine first 7 ingredients in large glass bowl. Combine salad oil and remaining ingredients in jar; shake vigorously. Pour dressing over bean mixture; toss well. Cover; marinate overnight in refrigerator, stirring occasionally. Serve as a meat accompaniment, relish or drain well and serve in lettuce cups as a salad. Makes about 8 cups.

*1 can (15-1/2 to 17 ounces)
kidney beans, drained may be
substituted.

NOTE: One package of each (9 ounces) frozen cut green beans, yellow beans and (10 ounces) green lima beans may be substituted. Cook beans according to package directions. Makes about 7½ cups.



Questions and Answers

Q. Must jars be sterilized by boiling before packing?

A. No, not when the boiling-water bath method is used. The containers as well as the food are sterilized during processing. But be sure jars and lids are clean.

Q. Why is liquid sometimes lost from jars during processing?

A. The food was packed too tightly in jars; air bubbles not removed or jars not covered with enough water in the water-bath canner during processing.

Q. Should liquid lost during processing be replaced?

A. No, never open a jar and refill with liquid - this would let in bacteria and you would need to process again. Loss of liquid does not cause food to spoil, though the food above the liquid may darken.

Q. What causes foods to darken in top of jar?

A. Not enough pickling solution was used to cover foods before capping jar. After removing air bubbles be sure to add more liquid to cover foods. Do not use the foods if signs of spoilage are evident. Refer to page 10.

Q. Why do the undersides of metal lids sometimes discolor?

A. Natural compounds in some foods corrode the metal and make a brown or black deposit on the underside of the lid. This deposit is harmless.

Q. Is it safe to process foods in the oven?

A. No, oven processing is dangerous. Jars may explode. The temperature of the food in jars during oven processing does not get high enough to insure destruction of spoilage bacteria in vegetables.

Q. Why is the open-kettle method not recommended?

A. In the open-kettle method, food is cooked in an ordinary kettle, then packed into hot sterilized jars and sealed without processing. There is always the danger of spoilage organisms entering the food when it is transferred from the kettle to jar. Adequate heat treatment is necessary to destroy organisms that cause spoilage and to inactivate enzymes that may affect flavor, color and texture. This is the reason the U. S. Department of Agriculture recommends the boiling-water bath for pickling.

Other Heinz Vinegars



- **TARRAGON VINEGAR**, a skillful blend of finely distilled and fermented vinegars to which spicy tarragon flavor is delicately added. Tarragon Vinegar provides the gourmet touch to sauces and salads made of greens, meats, eggs or fish.



- **GARLIC WINE VINEGAR**, made from burgundy wine then subtly seasoned with garlic flavoring. It's a lively enhancement for anti-pastos, cold meats and salads. Garlic Wine Vinegar is superb for marinating.



- **WINE VINEGAR**, carefully made from burgundy wine. This variety gives a rich, vibrant color and flavor to oil and vinegar dressings.



- **SALAD VINEGAR**, a unique blend of Heinz Vinegars, specially-created to complement salads and salad dressings. It serves as an all-purpose vinegar, too.



- **MALT VINEGAR**, a deep, russet-colored vinegar brewed from choice barley. Its pungent, full-bodied flavor is particularly popular with seafood dishes such as fish and chips. Malt Vinegar adds zest to meat, macaroni and bean salads.