



UCCE Master Food Preservers of El Dorado County

311 Fair Lane, Placerville CA 95667

Helpline (530) 621-5506 • Email: edmfp@ucanr.edu • Visit us on Facebook!

It is cabbage season!

Corned beef and cabbage, cabbage rolls, coleslaw, kimchi, German meatloaf (contain sauerkraut!). Ohhhhh, did I say sauerkraut? It is definitely time to be making your sauerkraut for 2017. Prices are at their lowest this month and before St. Patrick's Day. But, sauerkraut is not the only fun recipe to consider canning while cabbage prices are low.

Preserving seasonal produce is the ultimate in home food preserving. Whether you grow your own winter vegetables or take advantage of sales in our local supermarkets you are still getting top quality produce for your preserving projects. One of our favorites is this Sweet and Sour Relish containing cabbage, peppers, and apples.

This relish is, of course, perfect for hotdogs, brats, or other sausage sandwiches. Let's not forget to add it to your corned beef sandwich after St. Patty's Day! It is also great in a potato salad. Give tuna or egg salad some zing by adding some of this relish to the mix. The sweet and sour syrup makes a nice addition to a coleslaw dressing.

Sweet & Sour Relish

Yield: about seven 8 oz. jars

- 4 cups finely chopped seeded green bell pepper
- 3 cups chopped, cored peeled tart apples
- 2 cups chopped cabbage
- 1 cup finely chopped seeded sweet banana peppers
- 2 Tbsp salt
- 3 cups cider vinegar
- 3 cups granulated sugar
- 1 tsp mustard seeds
- 1 red chili pepper, finely chopped (optional)

In a large glass or stainless steel bowl, combine green peppers, apples, cabbage, banana peppers and salt. Cover and let stand in a cool place (70° to 75°) for 2 hours.

Transfer to a colander placed over a sink and drain. Rinse with cool water and drain thoroughly. Using your hands, squeeze out excess liquid. Set aside.

Meanwhile prepare canner, jars and lids.

In a large stainless steel saucepan, combine vinegar, sugar, mustard seeds and red chili pepper, if using. Bring a boil over medium-high heat, stirring to dissolve sugar. Reduce heat to medium-low, add drained pepper mixture and boil gently, stirring frequently, until vegetables are heated through, about 10 minutes.



Ladle hot relish into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace if necessary by adding hot relish. Wipe jar rim and center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.

Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 10 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

Source:Ball Complete Book of Home Food Preservation/2006

Cook's note: You can make this relish mild or hot depending on the peppers you choose to use. You can substitute hot peppers for all or part of the recipe. Just make sure the final amount of peppers is the same as what is called for in the recipe.

Make sure you use apple cider vinegar not apple cider "flavored" vinegar. The real thing makes a big difference in the flavor of your product. Also, for safety, make sure your vinegar is 5% acidity. The acidity is printed on the label of the vinegar container.



It is the policy of the University of California (UC) and the UC Division of Agriculture & Natural Resources not to engage in discrimination against or harassment of any person in any of its programs or activities (Complete nondiscrimination policy statement can be found at <http://ucanr.edu/sites/anrstaff/files/215244.pdf>)
Inquiries regarding ANR's nondiscrimination policies may be directed to John I. Sims, Affirmative Action Compliance Officer/Title IX Officer, University of California, Agriculture and Natural Resources, 2801 Second Street, Davis, CA 95618, (530) 750-1397.

Should you need assistance or require special accommodations for any of our educational programs, please contact us at 530-621-5502.