

Maple Pickled Vegetables

Servings: 25 servings, 1 jar per serving

INGREDIENTS

- 4 lbs small pearl onions, unpeeled
- 10 lbs Cross Valley Farms[®] Sunset Blend
- 6 c cider vinegar
- 3 c Rykoff Sexton[®] Maple Syrup
- 3 c water
- 4 T canning salt
- 12 whole star anise
- 12 (1/4-inch-thick) slices peeled fresh ginger
- 12 1-pint canning jars with lids (optional)

PREPARATION

1. Wash jars, lids and screw bands in hot, soapy water, then rinse well. Dry screw bands. Put jars and lids on a rack in an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Heat water until an instant-read thermometer registers 180°F. Do not allow to boil. Keep jars submerged in hot water, covered, until ready to use.
2. Cook onions in a large pot of boiling water until almost tender, about 5 minutes. Transfer with a slotted spoon to a bowl, reserving cooking water. When cool enough to handle, trim root ends from onions, keeping onions intact, then slip off skins. Halve onions lengthwise.
3. Add Sunset Blend vegetables to water in pot and boil until almost tender, about 5-10 minutes.
4. Rinse out pot and bring vinegar, maple syrup, water, salt, star anise and ginger to a boil; then simmer for 10 minutes.
5. Drain jars upside down on a clean kitchen towel 1 minute, then invert. Fill jars with vegetables. Remove star anise and ginger slices from pickling liquid and tuck 1 of each into side of each jar. Fill jars with pickling liquid, leaving 1/4 inch of space at top, then



run a thin knife between vegetables and jar to eliminate air bubbles. Wipe off rims of filled jars with a clean, damp kitchen towel; then firmly screw on lids with screw bands.

6. Put sealed jars on a rack in a boiling-water canner or an 8- to 10-quart deep pot and add enough water to cover by 2 inches. Bring to a boil, covered. Boil for minutes, then transfer with tongs to a towel-lined surface to cool. Jars are sealed when you hear a ping during cooling, which signals that the vacuum formed at the top of the jar has made the lid concave. After jars have cooled 12 to 24 hours, press center of each lid to check that it's concave, then remove screw band and try to lift off lid with your fingertips. If you can't, the lid has a good seal. Store in a cool, dry, dark place.

7. Let beets and onions stand in jars at least 1 week for flavors to develop.

For restaurant use, skip canning instructions and use in-house jars. Refrigerator method:

Bring vinegar, syrup, water, salt and pickling spice to a boil. Lower heat then add sunset blend and simmer. Add pearl onions and remove from heat. Pour contents into plastic container. Refrigerate uncovered until cool. Allow four days for flavors to develop.

