

SWEET AND SPICY PICKLED BEETS

5lbs whole beets, boiled, cooled, peeled, cut or sliced
500ml white vinegar
150ml balsamic vinegar
100 grams brown sugar
250 grams sugar
4 tbsp. lemon juice
2 bay leaves
½ tsp. cumin seed
1/2 tsp cayenne pepper
2 bird's eye chilis, stems removed, sliced lengthwise
OR 2 tsp. crushed dried chiles

Directions

In a large pot, add water and beets and bring to a boil for 30 minutes or until tender. Remove from water and allow to cool. Peel off skin and cut beets into desired size. Alternatively, try oven roasting the beets. Rub each beet with oil and wrap each beet in foil. Place on a tray and bake at 400 degrees for 20 minutes or until beets are tender.

Bring vinegar, sugars, bay leaves, cumin seeds, lemon juice and chilies to boil in large saucepan over medium-high heat; cover and remove from heat.

Pack jars tightly with vegetables. Return brine to brief boil. Using funnel and ladle, pour hot brine over cucumbers to cover, distributing spices evenly leaving 1/2 inch headspace. Slide wooden skewer along inside of jar, pressing slightly on veg to remove air bubbles; add extra brine as needed.

Let jars cool to room temperature, cover with lids, and refrigerate for 1 day before serving. Keep refrigerated for up to 3 months.

For long-term storage follow the water bath canning guide.