

# ITALIAN QUICK PICKLES

**1 CUP CAULIFLOWER FLORETS CHOPPED  
(ABOUT 1/4 HEAD OF CAULIFLOWER)**  
**5 JALAPENO PEPPERS DICED (USE BELL  
PEPPERS FOR MILD GIARDINIERA  
5 SERRANO PEPPERS DICED (OR USE SPORT  
PEPPERS - OPTIONAL, FOR HOT  
GIARDINIERA)**  
**1 MEDIUM CARROT DICED**  
**2 CELERY STALKS DICED**  
**1/2 CUP SALT**  
**1 CUP OLIVE OIL (EXTRA VIRGIN IS BEST,  
THOUGH YOU CAN USE VEGETABLE OIL)**  
**1 CUP VINEGAR (OR USE WATER, LIKE MANY  
CHICAGO GIARDINIERA BRANDS - SEE THE  
RECIPE NOTES)**  
**4 CLOVES OF GARLIC MINCED**  
**2 TEASPOONS DRIED OREGANO**  
**1/2 TEASPOON CELERY SEEDS**  
**1 TABLESPOON CRUSHED RED PEPPER (OR  
TO TASTE)**  
**GROUND BLACK PEPPER (TO TASTE)**  
**1/2 CUP GREEN OLIVES CHOPPED**

## **PROCEDURE:**

1. TO A LARGE BOWL, ADD PEPPERS WITH CAULIFLOWER, PEPPERS, CARROTS AND CELERY. SPRINKLE WITH SALT. COVER WITH COLD WATER AND REFRIGERATE AT LEAST 12 HOURS, COVERED.
2. DRAIN AND RINSE AWAY THE BRINE. SET ASIDE.
3. IN A SEPARATE BOWL, ADD GARLIC, OREGANO, CELERY SEED, CRUSHED RED PEPPER FLAKES AND GROUND PEPPER TO TASTE. ADD OIL AND VINEGAR (OR WATER) AND WHISK TO COMBINE.
4. ADD TO YOUR VEGETABLE MIXTURE.
5. ADD CHOPPED OLIVES AND MIX WELL.
6. PLACE IT ALL INTO JARS, ENSURING THE VEGETABLES ARE COVERED WITH YOUR OIL MIXTURE.
7. REFRIGERATE AT LEAST 2 DAYS BEFORE USING, TO ALLOW FLAVORS TO MINGLE. A WEEK IS BETTER! SHOULD LAST YOU 2-3 WEEKS.

# **AGRICULTURE EXPO 2024**