

Get Ready...Get Set...
Get Pickling...
UPDATED, EXPANDED EDITION

INCLUDING
17 "Overnight
Pickling
Successes"



Heinz

GUIDE TO

Successful Pickling



Heinz

Get Ready...Get Set...Get Pickling...

With
HEINZ,
the
Blue
Ribbon
Vinegar



Whether you're a "blue-ribbon" pickler or a first timer, you can GET READY, GET SET, GET PICKLING with our HEINZ GUIDE TO SUCCESSFUL PICKLING . . . a collection of updated family favorites.

This popular booklet has been used by thousands of consumers, home economists and educators and is considered by many to be one of the most practical and complete publications about pickling foods at home.

For the novice, our Guide gives clear concise directions for getting started and achieving delicious results . . . the very first time.

And the practiced pickler will discover many new suggestions to expand bulging recipe collections.

Created and tested by the Heinz U.S.A. Home Economics Department, the 51 recipes that follow will add new taste dimensions to any "bill of fare."

In addition to the traditional "pickles" which require processing in a boiling-water bath, the 17 "quickies" only need overnight refrigeration (to blend flavors) before serving.

A key ingredient in *all* of the recipes is Heinz "blue-ribbon"* quality Vinegar. Our familiar Distilled White, Apple Cider and Apple Cider Flavored Distilled Vinegars (in gallon, 1/2 gallon, quart or pint bottles) are recommended for the processed recipes.

For the "quickies," you may want to try some of our specialty vinegars like Wine, Tarragon and Salad, in place of the Distilled White and Apple Cider varieties.

We hope you enjoy reading and using our GUIDE TO SUCCESSFUL PICKLING. And now, get ready, get set, get started . . . towards *your* blue-ribbon!*



**In a survey of State Fair blue ribbon pickling champions who used vinegar in their prize-winning recipes, Heinz Vinegar was used six times more than the next leading brand.*

Contents



Get Ready ... With the Right Equipment. 4

Get Set ... With Top-Quality Ingredients. 6

Get Pickling ... With the Proper Method. 9

Common Weights and Measures 8

Altitude Adjustments 9

Common Causes of Pickling Problems 11

PICKLES

14 Day Sweet Pickles. 12

Mixed Pickles. 13

Dill Pickles. 13

Hamburger Dill Slices. 13

Pickled Hot Peppers. 14

Zucchini Pickles. 14

Bread & Butter Pickles. 14

Cucumber Onion Mustard

Pickles. 15

Sweet Pickle Chips. 15

Fresh Cucumber Pickles. 15

Icicle Pickles. 16

Sweet Onion Rings. 16

Kosher Dills. 16

Pickles Indienne. 16

RELISHES

Chow-Chow Relish. 17

Beet Relish. 18

Celery Relish. 18

Piccalilli. 18

Vegetable Relish. 19

Apple Chutney. 19

Green Bean Mustard Relish 19

Pepper Relish. 20

India Relish. 20

FRUITS

Spiced Cranberries. 21

Spiced Cantaloupe. 21

Spiced Pears. 22

Peach Chutney. 22

Spiced Pumpkin. 22

Spiced Watermelon Rind. 23

HELPFUL HINTS. 23

VEGETABLES

Pickled Green Peppers. 24

Green Tomato Pickle. 24

Pickled Onions. 25

Pickled Beets. 25

Pickled Green Beans. 25

QUICKIES

Macaroni Medley. 26

Spicy Orange Beets. 26

Peach Raisin Chutney. 27

Quickie Pickled Beets. 27

Delicatessen Salad. 27

Jiffy Spiced Fruit. 28

Cauli-Slaw. 28

Artichokes Vinaigrette. 28

Pickled Eggs. 29

Cranberry Butter. 29

Relish Melanzane. 29

Quickie Corn Relish. 30

Marinated Mushrooms. 30

Tasty Carrot Morsels. 30

Pickled Bologna. 31

Spicy Apple Rings. 31

Marinated Cauliflower. 31

Get Ready...

With the
right
equipment



While pickling today is a relatively simple process, it does take planning and organization with proper equipment, as well as careful observance of recipe directions and procedures.

Yields for most of the recipes in this Guide are given in pints in order to offer variety for family meals and company fare.

- Closures for standard jars are of two main types:
 - ...flat metal lid with its own sealing compound and a metal, screw-on band
 - ...porcelain-lined zinc cap with a rubber shoulder ring
- The metal screw-on bands or zinc caps may be reused as long as they are in good condition.

- Flat metal lids and rubber rings, use only once.

- Follow manufacturer's directions for washing caps and lids.

- Do not use jars and lids from commercially packed foods. They are not suitable for home preserving of foods.

Glass Jars and Closures

- Select standard canning jars, caps or lids.
- Be sure jars and closures are free of nicks, chips or cracks, dents or rust. Defects such as these will prevent airtight seals.
- Wash jars in hot soapy water. Rinse well in hot water. Allow to remain in hot water until ready to fill. Drain; pack with the pickled vegetables or spiced fruits.

Utensils

- For *ingredient preparation* a cutting board, paring knife, standard measuring cups and spoons, strainer or colander, a food processor, blender, food chopper or grinder will be helpful.
- Use large stoneware, glass, pottery or unchipped enamelware container for recipes that remain in a vinegar or brine solution for any length of time.





- For *cooking* you will need unchipped enamelware, aluminum or stainless steel saucepot deep enough so liquid will not boil over.
- Do not use copper, brass, iron or galvanized utensils. These metals may react with the acid and salt in the pickling liquid and cause undesirable color changes or form hazardous compounds.
- Cheesecloth and string work best to make a bag for spices.
- When stirring use a long-handled wooden spoon.
- For *filling*, metal and rubber spatulas, jar lifter, wide-mouth funnel, ladle with a lip, potholders and a clean damp cloth for wiping rim of jar before adjusting caps are all handy tools.
- For *processing* you will need a water-bath canner or large kettle with tight-fitting lid that is deep enough for the jars to be placed on a wire rack and covered with at least one inch of water, and to allow for sufficient head space so water does not boil over.



Get Set...

With top
quality
ingredients



The Vinegars

- Heinz Distilled White, Apple Cider and Apple Cider Flavored Distilled 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.
- Do not dilute the vinegar unless recipe directions specify to do so.

The Fruits and Vegetables

- Use the varieties of cucumbers grown especially for pickling.
- For best flavor and texture, pickling cucumbers should be used within 24 hours after picking.



Get Pickling

- 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. The mold growth may cause an off-flavor in the finished product.
- Wash produce thoroughly in cold running water to remove soil. If necessary, gently scrub produce with a soft brush to remove clinging soil.
- 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, until ready to use.

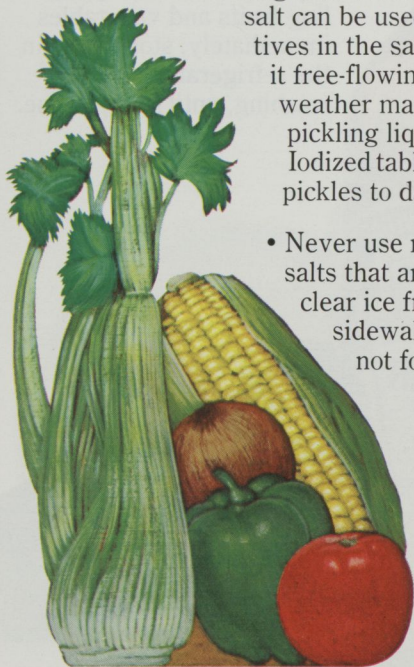


The Spices

- 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.

The Salt

- Use pure granulated pickling salt. Un-iodized table salt can be used, but additives in the salt that keep it free-flowing in damp weather may make the pickling liquid cloudy. Iodized table salt causes pickles to darken.
- Never use rock or other salts that are used to clear ice from roads or sidewalks; they are not food-pure.

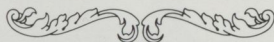


The Water

- Use soft water since minerals in hard water may interfere with the pickling process or cause pickles to darken. If soft water is not available, boil tap water then let it cool and remove scum.

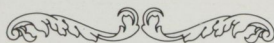
The Alum and Lime

- The use of alum and lime is not necessary for crisp pickles when good quality ingredients and standardized recipes and procedures are used.



Common Weights and Measures

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



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 the 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.

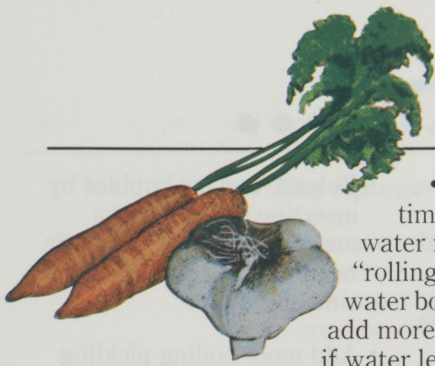
- Wipe top of jar with clean, damp cloth to remove any spills, food particles, seeds or spices.

- 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.

- 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 the 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



- Processing time begins when water returns to a "rolling boil." Keep water boiling steadily; add more boiling water if water level in 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.
- 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.
- Store pickles for about 4 to 6 weeks before serving. This allows the flavors to blend and reach their peak.

To use

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 jars.
- 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.
- Before serving, chill to crisp and enhance flavor.
- 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.

To store for future enjoyment

- Wipe jars thoroughly with clean, damp cloth.
- Label with name of recipe and date of preparation.

Common Causes of Pickling Problems

Hollow pickles:

- 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.

Dark pickles:

- 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.

Soft or slippery pickles:

- 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.

Shriveled pickles:

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



Pickles

... cucumbers, onions, peppers and zucchini, in a variety of shapes and sizes, are preserved in sweet or tangy spiced syrups offering a range of taste sensations to please all ages.

14 DAY SWEET PICKLES

- 4 pounds 2 inch pickling cucumbers**
- 1 cup pickling salt**
- 2 quarts boiling water**
- 5 cups Heinz Distilled White Vinegar**
- 3 cups granulated sugar**
- 1½ teaspoons celery seed**
- 4 (2 inch) cinnamon sticks**
- 1½ 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. Place 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 over cucumbers. 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 2 days, drain, retaining liquid. Reheat this liquid, adding ½ 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 ½ cup sugar to liquid; heat liquid to boiling. Continue simmering while filling jars to within ½ 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

¼ cup Heinz Mild Mustard
4⅔ cups Heinz Distilled White Vinegar
3½ cups granulated sugar
½ cup pickling salt
3 tablespoons celery seed
2 tablespoons mustard seed
½ teaspoon whole cloves
½ teaspoon ground turmeric
4 pounds 3 to 4 inch pickling cucumbers, cut into chunks
2 pounds small onions, peeled, quartered
1 quart (1½ inch) celery pieces
2 cups (½ 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 5 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 ½ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 8-9 pints.

DILL PICKLES

4 pounds 4 inch pickling cucumbers
¼ cup pickling salt
2¾ cups Heinz Distilled White Vinegar
3 cups water
14 heads fresh dill
28 peppercorns

Wash cucumbers; cut in half lengthwise. Combine salt, vinegar and water; heat to boiling. Pack cucumbers into clean jars. Add 2 heads

dill and 4 peppercorns to each jar. Pour vinegar solution over cucumbers to within ½ inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 10 minutes in boiling-water bath. Makes 6-7 pints.

HAMBURGER DILL SLICES

4 pounds 4 inch pickling cucumbers
½ cup pickling salt
4 cups water
2¾ cups Heinz Distilled White Vinegar
3 cups water
10 cloves garlic, split
10 heads fresh dill
20 peppercorns

Wash cucumbers; cut crosswise into ⅛ inch slices; place in large bowl. Dissolve salt in 4 cups water; pour over cucumbers. Weight cucumbers with a plate almost as large as the bowl. Place a large jar filled with water on plate to keep cucumbers under brine; let stand 2 hours. Combine vinegar, 3 cups water and garlic in large saucepot; heat to boiling. Remove garlic and put 4 halves into each clean jar; add 2 heads dill and 4 peppercorns. Drain cucumbers; rinse and drain again. Add cucumbers to hot vinegar solution; heat just to boiling. Simmer while quickly packing jars. Fill to within ½ inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5 pints.

PICKLED HOT PEPPERS

2 pounds 3 to 5 inch hot peppers

Boiling water

2½ cups Heinz Distilled

White Vinegar

2½ cups water

1 cup granulated sugar

8 cloves garlic

2 teaspoons salt

Wash peppers thoroughly. Cut off stem end only, trimming longer peppers to fit jar, if necessary. Place peppers in bowl; cover with boiling water. Let stand 5 minutes; drain. Combine vinegar, water and sugar in saucepan; heat to boiling, then simmer 5 minutes. Pack peppers in clean, hot jars. To each jar add 2 cloves garlic and ½ teaspoon salt. Pour simmering liquid over peppers to within ½ inch of top making sure vinegar solution covers peppers. Cap each jar at once. Process 10 minutes in boiling-water bath. Makes 4 pints.

ZUCCHINI PICKLES

4 cups Heinz Distilled White or Apple Cider Flavored Distilled Vinegar

2 cups granulated sugar

¼ cup pickling salt

2 teaspoons celery seed

2 teaspoons ground turmeric

1 teaspoon dry mustard

5 pounds 5 to 6 inch zucchini, unpeeled, cut into ¼ inch slices

1 quart thinly sliced onions (4-5 medium)

Combine first 6 ingredients in saucepan; bring to boil. Pour over zucchini and onions and let stand 1 hour; stir 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 ½ 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.

BREAD AND BUTTER PICKLES

2 pounds 3 to 5 inch pickling cucumbers

5 cups thinly sliced onions (5-6 medium)

½ cup pickling salt

3 cups water

1½ cups granulated sugar

2 teaspoons mustard seed

1½ teaspoons ground ginger

1 teaspoon ground turmeric

3 cups Heinz Distilled

White Vinegar

2 cloves garlic

Wash cucumbers; cut crosswise into ½ inch slices. Combine with onions in large crock or nonmetallic container. Dissolve salt in water; pour over vegetables. Weight vegetables down with a plate almost as large as the crock. Place 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; rinse; drain again. Add vegetables to hot syrup; heat just to boiling. Simmer while quickly packing one clean, hot jar at a time. Fill to within ½ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4 pints.

CUCUMBER ONION MUSTARD PICKLES

- 1 1/3 cups granulated sugar
- 1/3 cup pickling salt
- 2 tablespoons cornstarch
- 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, cut into 1/4 inch slices
- 1 quart thinly sliced onions (4-5 medium)

Combine first 6 ingredients in large saucepot. Gradually stir in mustard, then vinegar and water. Cover; heat to boiling. 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.

SWEET PICKLE CHIPS

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

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

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.

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 pickling salt
- 3 tablespoons celery seed
- 2 tablespoons mustard seed
- 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 3/4 cup chopped green pepper

In large saucepot, blend mustard with a little vinegar. Add remaining vinegar, sugar and next 5 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 8 pints.

ICICLE PICKLES

3 pounds 4 inch pickling cucumbers
6 to 7 small onions,
peeled, quartered
6 to 7 (4 inch) celery pieces
1 tablespoon mustard seed
4 cups Heinz Distilled
White Vinegar
2½ cups granulated sugar
¼ cup pickling 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 ½ teaspoon mustard seed to each jar. Combine vinegar and remaining ingredients; heat to boiling. Pour vinegar solution over cucumbers to within ½ inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 10 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 pickling salt
½ 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 ½ 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.

KOSHER DILLS

4 pounds 4 inch pickling cucumbers
14 cloves garlic, split
¼ cup pickling salt
2¾ cups Heinz Distilled
White Vinegar
3 cups water
14 heads fresh dill
28 peppercorns

Wash cucumbers; cut in half lengthwise. Combine garlic, salt, vinegar and water; heat to boiling. Remove garlic and place 4 halves into each clean jar, then pack cucumbers, adding 2 heads dill and 4 peppercorns. Pour hot vinegar solution over cucumbers to within ½ inch of top making sure vinegar solution covers cucumbers. Cap each jar at once. Process 10 minutes in boiling-water bath. Makes 6-7 pints.

PICKLES INDIENNE

3 pounds 4 to 5 inch pickling cucumbers
1 cup granulated sugar
2 tablespoons pickling salt
2 tablespoons mustard seed
2 teaspoons curry powder
1½ teaspoons celery seed
1⅔ 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 ½ 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.



Relishes

... an assortment of Summer's harvest, just right for the relish tray, to add a flavorful highlight to any meal. Try them in sandwich spreads, salads and salad dressings, too!

CHOW-CHOW RELISH

- 2 quarts chopped cabbage (1 medium head)
- 1½ pounds onions, chopped (6-8 medium)
- 6 medium green peppers, coarsely chopped
- 6 medium sweet red peppers, coarsely chopped
- 1 quart chopped green tomatoes (about 1½ pounds)
- ¼ cup pickling salt
- 2 tablespoons Heinz Mild Mustard
- 6 cups Heinz Distilled White Vinegar
- 2½ cups granulated sugar
- 2 tablespoons mustard seed
- 1 tablespoon celery seed
- 1 tablespoon mixed pickling spice
- 1½ teaspoons ground turmeric
- 1½ teaspoons ground ginger

In large crock or nonmetallic container, combine first 5 ingredients with salt. Cover; let stand overnight. Drain; rinse; drain again. 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 ½ 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.



BEET RELISH

- 4 pounds fresh beets (without tops, about 12-14 medium), peeled
- 1 pound onions (4-5 medium)
- 1 pound sweet red peppers (5-6 medium)
- 3 cups Heinz Distilled White or Apple Cider Vinegar
- 2 cups granulated sugar
- 2 teaspoons pickling salt
- 2 tablespoons mixed pickling spice

Wash, trim and quarter vegetables. Chop or coarsely grind vegetables in food processor or food grinder; drain, discarding liquid. Combine vinegar, sugar and salt in saucepot; heat to boiling. Add vegetables with 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 $\frac{1}{2}$ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5 pints.

CELERY RELISH

- 2 cups Heinz Distilled White Vinegar
- $\frac{1}{2}$ cup water
- $1\frac{1}{4}$ cups granulated sugar
- $2\frac{1}{2}$ tablespoons pickling salt
- $2\frac{1}{2}$ tablespoons mustard seed
- $\frac{1}{2}$ teaspoon ground turmeric
- 2 quarts sliced celery (about 2 pounds)
- 3 cups chopped onions
- $1\frac{1}{2}$ cups chopped green peppers
- $1\frac{1}{2}$ cups chopped sweet red peppers

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 $\frac{1}{2}$ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5 pints.

PICCALILLI

- 6 pounds green tomatoes (about 24 medium)
- 6 medium green peppers
- 6 medium sweet red peppers
- 3 medium onions
- 4 cups Heinz Distilled White Vinegar
- $3\frac{1}{2}$ cups granulated sugar
- 2 cups Heinz Distilled White Vinegar
- $\frac{1}{4}$ cup pickling salt
- $\frac{1}{3}$ cup mustard seed
- 1 tablespoon celery seed
- $1\frac{1}{2}$ teaspoons ground allspice
- $1\frac{1}{2}$ teaspoons ground cinnamon

Wash, trim and quarter vegetables. Chop or coarsely grind vegetables in food processor or food grinder; drain, discarding liquid. In large saucepot, pour 4 cups vinegar over vegetables; heat to boiling; simmer 30 minutes, stirring frequently. Drain, discarding liquid. Return vegetables to saucepot; add sugar, 2 cups vinegar and remaining ingredients. Simmer 3 minutes. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within $\frac{1}{2}$ 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.

VEGETABLE RELISH

- 2½ pounds green peppers**
(about 8-10 medium)
- 1 small head cabbage**
- 1 pound onions (4-5 medium)**
- 1 pound carrots (6-7 medium)**
- 2¾ cups Heinz Distilled**
White Vinegar
- ¾ cup water**
- 1½ cups granulated sugar**
- 3 tablespoons pickling salt**
- 1 tablespoon mustard seed**
- 1 tablespoon celery seed**

Wash, trim and quarter vegetables. Chop or coarsely grind vegetables in food processor or food grinder; 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 ½ 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.

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
- 2½ cups granulated sugar**
- 1½ tablespoons pickling salt**
- 1½ teaspoons pepper**
- 1½ teaspoons ground cinnamon**
- ¾ teaspoon ground cloves**

Wash, trim and quarter tomatoes, peppers and onions. Quarter and core apples; do not pare. Chop or coarsely grind vegetables and fruit in food processor or food grinder; drain, discarding liquid. Combine

vinegar and remaining ingredients in saucepot; heat to boiling. Add vegetables and fruit; simmer 30 minutes, stirring occasionally. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within ½ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5 pints.

GREEN BEAN MUSTARD RELISH

- 2½ pounds green beans, sliced**
crosswise ¼ inch thick
(2 quarts)
- 2 cups chopped onions**
(3 medium)
- 1½ cups chopped celery**
- 3 cups Heinz Distilled White or**
Apple Cider Vinegar
- 2 cups firmly packed light**
brown sugar
- ¼ cup all-purpose flour**
- ¼ cup dry mustard**
- 1½ teaspoons ground turmeric**
- 1½ cups cold water**
- 1½ teaspoons celery seed**

Cook vegetables in lightly salted boiling water until tender (about 30 minutes); drain, discarding liquid. In separate saucepot, combine vinegar and brown 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 ½ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4-5 pints.

PEPPER RELISH

- 4 pounds green peppers
(18-20 medium)
- 1 pound onions (4-5 medium)
- 2 cups Heinz Distilled White
or Apple Cider Vinegar
- 1¼ cups granulated sugar
- 2 tablespoons pickling salt
- 1 teaspoon mustard seed
- 1 teaspoon ground cinnamon
- ½ teaspoon ground allspice
- ½ teaspoon ground ginger
- ½ teaspoon ground cloves

Wash, trim and quarter peppers and onions. Chop or coarsely grind vegetables in food processor or food grinder; 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 ½ 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.

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 that it be used within 6 months.

INDIA RELISH

- 6 pounds green tomatoes
(20-24 medium)
- ½ pound onions
(2-3 medium)
- 2 medium sweet red peppers
- 1 medium green pepper
- 1 large celery rib
- 1¾ cups Heinz Distilled
White Vinegar
- 1⅔ cups granulated sugar
- 3 tablespoons pickling salt
- 1½ teaspoons celery seed
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon ground allspice
- ½ teaspoon ground turmeric
- ¼ teaspoon cayenne pepper

Wash, trim and quarter vegetables. Chop or coarsely grind vegetables in food processor or food grinder; 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 ½ 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.





Fruits

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

SPICED CRANBERRIES

- 1½ cups Heinz Distilled White Vinegar
- ¾ 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 ½ inch of top making sure vinegar solution covers cranberries. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 3-4 pints.

SPICED CANTALOUPE

- 4 cantaloupes (about 9-10 pounds)
- 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 ¼ inch thick slices. In saucepot, combine sugar, vinegar, water and spices tied in cheesecloth bag; simmer 5 minutes. Add melon and simmer 20 minutes, stirring occasionally. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within ½ inch of top making sure vinegar solution covers melon. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 5-6 pints.

SPICED PEARS

3½ pounds medium-ripe pears
(12-14 medium)

Vinegar-water (2 quarts water
plus 2 tablespoons vinegar)

2½ cups granulated sugar

¼ cup Heinz Distilled

White Vinegar

1 cup water

2 tablespoons whole cloves

***2 pieces (1" x 1" x ¼" each)**
whole ginger root

7 (3 inch) cinnamon sticks

Cut pears in half; core and pare.
Place in vinegar-water to prevent
browning. In saucepot, combine
sugar, 1¼ 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 ½ inch of top making
sure syrup covers pears. Cap each
jar at once. Process 15 minutes in
boiling-water bath. Makes 3-4 pints.

*½ teaspoon ground ginger may be
substituted.

PEACH CHUTNEY

3 pounds peaches, slightly
underripe

Vinegar-water (1 quart water
plus 1 tablespoon vinegar)

1 cup firmly packed light brown
sugar

¾ cup seedless raisins

¾ cup honey

¾ cup Heinz Distilled White
or Apple Cider Vinegar

¼ teaspoon ground mace

6 whole cloves

1 (3 inch) cinnamon stick, broken

Pour boiling water over peaches;
let stand until skins can be easily

removed. Dip in cold water; peel.
Remove pits and red fibers; cut into
chunks. Place immediately in
vinegar-water to prevent browning.
In saucepan, combine brown sugar
and next 4 ingredients. Add cloves
and cinnamon tied in cheesecloth
bag. Drain peaches; add to syrup.
Simmer 1 hour, stirring occasionally.
Remove spice bag. Continue sim-
mering while quickly packing one
clean, hot jar at a time. Fill to within
½ inch of top making sure syrup
covers fruit. Cap each jar at once.
Process 5 minutes in boiling-water
bath. Makes 4-5 half pints.

SPICED PUMPKIN

***12 cups prepared pumpkin**
cubes

4½ 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 ½ 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.

*To prepare pumpkin, cut fresh
pumpkin into sections. Scrape out
pulp and seeds; cut off rind. Cut
flesh into 1 inch cubes.

SPICED WATERMELON RIND

- *10 cups 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 cheese-cloth 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 $\frac{1}{2}$ inch of top making sure vinegar solution covers rind. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4-5 half pints.

- *To prepare rind, cut melon into 1 inch thick slices; trim outer green skin and pink flesh; cut slices into 1 inch pieces.



Helpful Hints

For successful pickling, read the complete recipe to make sure you have all ingredients on hand.

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

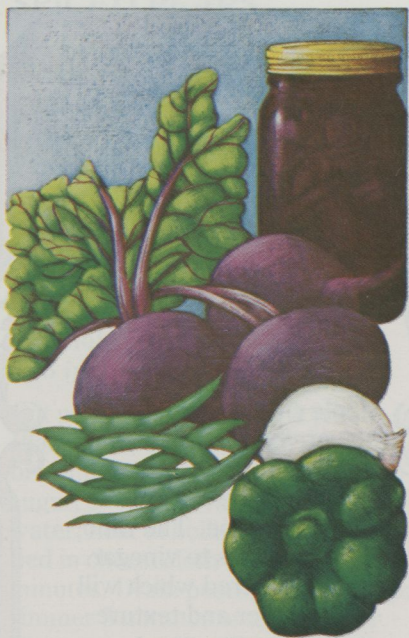
Never double or triple a pickling recipe. The ratio of ingredients to vinegar may be altered which will affect flavor and texture and may even cause spoilage.

Do not use cucumbers with a waxy surface for pickling.

Chill pickles and relishes before serving to enhance the flavor and texture.

Homemade "goodies" make a thoughtful gift for the holiday season or any season. Prepare your favorite recipes several times for gift giving.

Add variety and a refreshing contrast to the cheese or relish tray; include sweet and spicy vegetables or fruit pickles.



Vegetables

... crisp, colorful garden favorites whose savory flavors enhance every menu. For an attractive, appealing salad, serve chilled Pickled Beets or Green Beans on a bed of lettuce and garnish with hard-cooked egg halves or slices.

PICKLED GREEN PEPPERS

**3 pounds green peppers
(7-9 large)**

Boiling water

**2½ cups Heinz Distilled White
or Apple Cider Flavored
Distilled Vinegar**

2½ cups water

1¼ cups granulated sugar

8 cloves garlic

2 teaspoons pickling salt

Wash peppers. Remove seed pods and white "seams." Cut lengthwise into ¾ inch strips. Place pepper strips in bowl; cover with boiling water. Let stand 5 minutes; drain. Combine vinegar, water and sugar in saucepan; simmer 5 minutes. Meanwhile, pack peppers into clean, hot jars. To each jar, add 2 cloves garlic and ½ teaspoon salt. Pour hot liquid over peppers to within ½ inch of top making sure vinegar solution covers peppers. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4 pints.

GREEN TOMATO PICKLE

**3 cups Heinz Distilled
White Vinegar**

2½ cups granulated sugar

1 tablespoon pickling salt

1 tablespoon celery seed

1 tablespoon mustard seed

**10 cups cored, thinly sliced
green tomatoes**

2 cups thinly sliced onions

2 cups chopped green peppers

1 cup chopped sweet red pepper

Combine first 5 ingredients in large saucepot; heat to boiling. Add tomatoes, onions, green and red peppers; simmer 10 minutes, stirring occasionally. Continue simmering while quickly packing one

clean, hot jar at a time. Fill to within ½ inch of top making sure vinegar solution covers vegetables. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 4-5 pints.

PICKLED ONIONS

3 pounds white pickling onions

½ cup pickling salt

1½ cups granulated sugar

1½ tablespoons mustard seed

4½ cups Heinz Distilled

White Vinegar

4 to 5 small hot or

sweet red peppers

4 to 5 bay leaves

Scald onions in boiling water about 2 minutes, then quickly dip into cold water. Peel onions; place in large bowl. Sprinkle onions with salt; cover with cold water; let stand at least 12 hours. Drain; rinse; drain again. Combine sugar, mustard seed and vinegar in saucepan; simmer 5 minutes. Make 2 small slits in each red pepper. Pack onions with 1 pepper and 1 bay leaf in each clean, hot jar. Pour hot liquid over onions to within ½ inch of top making sure vinegar solution covers onions. Cap each jar at once. Process 10 minutes in boiling-water bath. Makes 4-5 pints.

PICKLED BEETS

3½ pounds fresh beets
(without tops, about 24 small)

2 cups Heinz Distilled White
or Apple Cider Vinegar

1 cup granulated sugar

2 tablespoons pickling salt

6 whole cloves

1 (3 inch) cinnamon stick

½ pound onions,

sliced (2-3 medium)

Thoroughly wash beets and trim, leaving a 1 inch stem and tap root. Cook beets in boiling water until

tender; drain, reserving 1 cup beet liquid. Peel and slice beets. In saucepot, combine reserved beet liquid, vinegar, sugar, salt; add spices tied in cheesecloth bag; heat to boiling. Add beets and onions; simmer 5 minutes. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within ½ inch of top making sure vinegar solution covers beets. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 3-4 pints.

PICKLED GREEN BEANS

2 pounds fresh green beans

1¾ cups Heinz Distilled

White or Apple Cider Vinegar

1½ cups water

¾ cup granulated sugar

4 teaspoons pickling salt

1 tablespoon mustard seed

1 tablespoon peppercorns

1 (3 inch) cinnamon stick

2 cloves garlic, split

3 medium onions

Wash, trim and cut beans into 2 inch pieces. Cook, covered, in boiling salted water (1 teaspoon salt to 1 quart water) until tender; drain. Meanwhile, combine vinegar and next 3 ingredients in saucepot; add spices and garlic tied in cheesecloth bag; heat to boiling. Add onions and beans to vinegar solution; bring to boil; simmer 15 minutes. Remove spice bag. Continue simmering while quickly packing one clean, hot jar at a time. Fill to within ½ inch of top making sure vinegar solution covers beans. Cap each jar at once. Process 5 minutes in boiling-water bath. Makes 3 pints.



Quickies

... a tempting array of overnight successes. Just fix, mix. Then ... refrigerate overnight before serving. Ideal for any occasion.

MACARONI MEDLEY

- 2 cups uncooked elbow macaroni
- 1 medium cucumber, peeled, chopped
- $\frac{1}{2}$ cup chopped onion
- 2 tablespoons chopped parsley
- 2 tablespoons chopped pimiento
- $1\frac{1}{2}$ cups Heinz Apple Cider Vinegar
- $\frac{3}{4}$ cup granulated sugar
- 1 tablespoon salad oil
- 1 teaspoon Heinz Mild Mustard
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon garlic powder

Cook macaroni following package directions. Drain; rinse in cold water; drain again. In large bowl, combine cooked macaroni, cucumber and next 3 ingredients. In large jar, combine vinegar and remaining ingredients; cover; shake well to blend. Pour over macaroni mixture; toss. Cover; refrigerate overnight. Makes 6-8 servings (about $6\frac{1}{2}$ cups).

NOTE: Macaroni will keep about a week when stored tightly covered in the refrigerator.

SPICY ORANGE BEETS

- $\frac{1}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup Heinz Apple Cider or Apple Cider Flavored Distilled Vinegar
- 2 bay leaves
- $\frac{1}{2}$ cup orange juice
- *1 can (1 pound) sliced beets, drained

Simmer first 3 ingredients in saucepan 5 minutes. Stir in orange juice and pour over beets. Cover; chill overnight to blend flavors. Makes about 2 cups.

*2 cups sliced cooked fresh beets may be substituted.

PEACH RAISIN CHUTNEY

- 1 can (1 pound 13 ounces) peach halves, drained
- $\frac{1}{3}$ cup firmly packed light brown sugar
- $\frac{1}{3}$ cup seedless raisins
- $\frac{1}{3}$ cup honey
- $\frac{1}{2}$ cup Heinz Apple Cider Vinegar
- $\frac{1}{8}$ teaspoon ground mace
- 6 whole cloves
- 1 (3 to 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 $2\frac{1}{3}$ cups.

QUICKIE PICKLED BEETS

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

Drain beets, reserving $\frac{3}{4}$ 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 water to beet liquid to measure $\frac{3}{4}$ cup.

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 (15 to $15\frac{1}{2}$ ounces) garbanzos, drained
- $\frac{1}{2}$ cup chopped green pepper
- $\frac{1}{2}$ cup chopped onion
- 1 can (4 ounces) pimiento, chopped ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ cup salad oil
- $\frac{1}{2}$ cup Heinz Wine or Apple Cider Vinegar
- $\frac{1}{2}$ cup granulated sugar
- 1 tablespoon salt
- 1 teaspoon 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 $7\frac{1}{2}$ cups.

- *1 can ($15\frac{1}{2}$ 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 the frozen beans according to package directions. Makes about $7\frac{1}{2}$ cups.

JIFFY SPICED FRUIT

- *1 can (1 pound 13 ounces) peach or pear halves

¼ cup Heinz Apple Cider Vinegar

½ teaspoon whole cloves

1 (3 inch) cinnamon stick

Drain fruit, reserving syrup. Add vinegar, cloves and cinnamon stick to fruit syrup; simmer 10 minutes. Add fruit; simmer an additional 5 minutes. Cover; refrigerate overnight to blend flavors. Serve chilled as a meat accompaniment or on the relish tray. Makes 8 servings.

- *1 can (1 pound 14 ounces) apricots may be substituted.

NOTE: Fruit will keep up to one month in refrigerator. Remove spices at the end of the second week.

CAULI-SLAW

⅓ cup Heinz Apple Cider Vinegar

⅓ cup salad oil

1 teaspoon granulated sugar

1 teaspoon salt

⅛ teaspoon pepper

1 small head cauliflower, coarsely grated (about 4 cups)

½ cup finely chopped celery

⅓ cup finely chopped green pepper

¼ cup finely chopped onion

In large bowl, combine first 5 ingredients well. Add cauliflower and remaining ingredients; mix well. Cover; chill several hours to blend flavors; stir occasionally. Serve as a meat accompaniment or on a relish tray. Makes about 3 $\frac{2}{3}$ cups.

NOTE: To serve as a salad, fill a tomato flower with drained slaw or mound on a thick tomato slice and garnish with paprika.

ARTICHOKES VINAIGRETTE

- *1 can (14 ounces) artichoke hearts, drained

¼ cup thinly sliced onion

2 tablespoons chopped pimiento

2 tablespoons chopped green pepper

¼ cup Heinz Wine Vinegar

1 clove garlic, minced

1 tablespoon salad oil

1 teaspoon granulated sugar

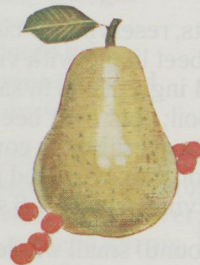
½ teaspoon salt

Dash pepper

Dash paprika

Cut artichoke hearts in halves or quarters; combine with onion, pimiento and green pepper in bowl. Combine vinegar and remaining ingredients in jar; cover; shake well. Pour dressing over vegetables. Cover; chill several hours or overnight to blend flavors, stirring occasionally. Serve as a relish, appetizer or salad. Makes about 1 $\frac{2}{3}$ cups.

- *1 package (9 ounces) frozen artichoke hearts may be substituted. Cook the artichokes according to package directions.



PICKLED EGGS

- 2 tablespoons Heinz Mild Mustard**
- 2 cups Heinz Distilled White, Apple Cider or Apple Cider Flavored Distilled Vinegar**
- ½ 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. Heat to boiling; cover; simmer 10 minutes. Cool. Pour over onions and eggs. Cover; refrigerate overnight. Serve on relish tray or as a salad. Makes 12 pickled eggs.

NOTE: Pickled Eggs will keep about 3 weeks when stored in the refrigerator. After that time they lose flavor and texture.

CRANBERRY BUTTER

- 4 cups fresh cranberries, washed (1 pound)**
- ⅔ cup water**
- ½ cup Heinz Apple Cider or Apple Cider Flavored Distilled Vinegar**
- 2 cups firmly packed light brown sugar**
- ½ teaspoon ground cinnamon**
- ½ teaspoon salt**
- ¼ teaspoon pepper**
- ¼ teaspoon ground allspice**
- ¼ teaspoon ground nutmeg**
- 2 tablespoons butter or margarine**

Combine first 3 ingredients in saucepan; boil 5 minutes; cool. Puree mixture in food processor,

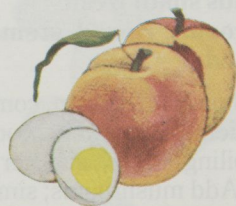
blender or food mill; return to saucepan. Stir in brown sugar and next 5 ingredients. Simmer 3 minutes, stirring occasionally. Stir in butter. Pour mixture into bowl; cover; chill. Serve as a meat accompaniment. Makes about 3½ cups.

RELISH MELANZANE

- 1 large eggplant, pared, cut into 1 inch pieces**
- 1 cup water**
- ½ cup thinly sliced onion, separated into rings**
- 1 cup coarsely chopped green pepper**
- ¼ cup julienne pimiento**
- 1 clove garlic, minced**
- 2 tablespoons salad oil**
- ½ cup Heinz Apple Cider Vinegar**
- 2 teaspoons salt**

Cook eggplant in water in large covered saucepan 10-20 minutes or until tender, stirring occasionally; drain. Combine eggplant, onion and remaining ingredients in bowl. Cover; chill overnight, stirring occasionally. Serve as a relish, meat accompaniment or with thick slices of buttered Italian bread. Makes about 5 cups.

NOTE: Relish may be stored in refrigerator several weeks.



QUICKIE CORN RELISH

- 1 tablespoon granulated sugar
- 1 teaspoon cornstarch
- ½ teaspoon mustard seed
- ¾ teaspoon salt
- Dash pepper
- ⅓ cup Heinz Apple Cider Vinegar
- 1 can (17 ounces) whole kernel corn, well drained
- ⅓ cup chopped celery
- ¼ cup chopped green pepper
- 2 tablespoons chopped onion
- 2 tablespoons chopped pimiento

Combine first 5 ingredients in small saucepan; stir in vinegar. Heat, stirring constantly, until thickened and clear. Pour hot mixture over corn and remaining ingredients in bowl; mix well. Cover; chill several hours or overnight to blend flavors; stir occasionally. Serve as an accompaniment with sandwiches or on a relish tray. Makes about 2½ cups.

MARINATED MUSHROOMS

- ¾ cup salad oil
- ½ cup Heinz Wine Vinegar
- 1½ teaspoons salt
- 1 teaspoon granulated sugar
- ½ teaspoon basil leaves
- ¼ teaspoon ground thyme
- 6 peppercorns
- 1 clove garlic, split
- 1 bay leaf
- 1½ pounds small fresh mushrooms, rinsed, stems trimmed

In a 2 or 3 quart saucepan, combine all ingredients except mushrooms; heat to boiling. Cover; simmer 10 minutes. Add mushrooms; simmer,

uncovered, 3 minutes. Pour mushrooms and liquid into bowl. Cover; chill several hours or overnight; stir occasionally. Drain and serve as an appetizer or on a relish tray. Makes about 3½ cups.

TASTY CARROT MORSELS

- 2 pounds fresh carrots
- 1 medium onion, chopped
- 1 medium green pepper, chopped
- 1 can (8 ounces) tomato sauce
- 1 cup granulated sugar
- ¾ cup Heinz Apple Cider Vinegar
- ½ cup salad oil
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon pepper

Scrape carrots; cut into 1 inch thick crosswise slices. Cook carrots in lightly salted water until tender-crisp; drain. Place carrots in bowl with onion and green pepper. Combine tomato sauce and remaining ingredients; stir until sugar dissolves. Pour marinade over vegetables. Cover; chill overnight to blend flavors, stirring occasionally. Drain carrots and serve on lettuce as an appetizer or on a relish tray. Makes about 5 cups.

PICKLED BOLOGNA

- $\frac{3}{4}$ pound ring or jumbo bologna in one piece
- 1 small onion, thinly sliced
- $\frac{1}{2}$ cup Heinz Apple Cider or Tarragon Vinegar
- 2 tablespoons salad oil
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped pimienta
- 1 clove garlic, minced
- $\frac{1}{2}$ teaspoon salt
- Dash pepper
- Dash paprika

Remove casing from bologna, if necessary; cut bologna into bite-size chunks; place in bowl with onion. Combine vinegar and remaining ingredients in jar; cover; shake well. Pour dressing over bologna and onion. Cover; chill at least 24 hours; stir occasionally. Serve bologna and marinade in decorative bowl; spear with toothpicks. Makes 40–50 appetizers.

SPICY APPLE RINGS

- 1 cup granulated sugar
- $\frac{1}{2}$ cup Heinz Wine or Apple Cider Vinegar
- $2\frac{1}{2}$ cups water
- 2 (3 inch) cinnamon sticks
- 1 teaspoon whole cloves
- 1 teaspoon whole allspice
- $\frac{1}{2}$ teaspoon red food coloring
- 4 medium red cooking apples

Combine first 7 ingredients in large skillet; simmer 5 minutes. Meanwhile, wash, pare and core apples; cut crosswise into 4 slices. Cook apples in simmering syrup until tender, cooking a few rings at a time and turning carefully. Place cooked apple rings in bowl; strain syrup over apples. Cover; refrigerate overnight. Serve chilled as a meat accompaniment or garnish. Makes 16 apple rings.

MARINATED CAULIFLOWER

- $\frac{1}{2}$ cup Heinz Salad or Wine Vinegar
- $\frac{1}{4}$ cup salad oil
- 1 clove garlic, minced
- 1 teaspoon salt
- Dash pepper
- Dash paprika
- 1 small head cauliflower (about $1\frac{1}{2}$ pounds), cut into bite-size pieces
- 1 small onion, thinly sliced
- 2 tablespoons chopped green pepper
- 1 tablespoon pimienta strips

Combine first 6 ingredients in jar; cover; shake well. In bowl, combine cauliflower and remaining ingredients. Pour marinade over vegetables. Cover; refrigerate overnight, stirring occasionally. Serve as a relish, appetizer or salad. Makes about 4 cups.





Distilled White Vinegar

Made from sun-ripened grain, this Heinz Vinegar is the nation's oldest and largest-selling variety. It has the full 5% acidity recommended for successful food preservation.

Apple Cider Vinegar

The juice of apples is the basis for this popular natural vinegar. Its subtle fruit flavor makes it ideal for salad dressings and marinades, as well as pickled fruits and vegetables. It, too, has a 5% acidity level.

Apple Cider Flavored Distilled Vinegar

Made from the "best of both worlds," this variety combines Distilled White Vinegar with natural apple flavor. It has a standard acidity level of 5% also, so it's fast becoming a choice of home picklers.

Wine Vinegar

Carefully made from burgundy wine, this variety gives rich, vibrant color and flavor to dressings and marinades.

Tarragon Vinegar

This skillful blend of finely distilled and fermented vinegars has a spicy tarragon flavor. It provides a gourmet touch to sauces and salads made of greens, meats, eggs or fish.

Salad Vinegar

A unique blend of Heinz Vinegars, this variety is specially-created to complement salads and dressings.

Garlic Wine Vinegar

Garlic flavoring is added to our Wine Vinegar making this variety a lively enhancement for antipastos, cold meats, salads and marinades.

Malt Vinegar

A deep russet-colored vinegar brewed from choice barley, this vinegar has a pungent, full-bodied flavor particularly popular with fish.