Punjabi Gobi-Gaajar-Shalgam Achar (Cauliflower-Carrot-Turnip Pickle)

A Lahori style recipe I got from Ms. Lakshmi Lal who got it from Smt. Saraswati Lal

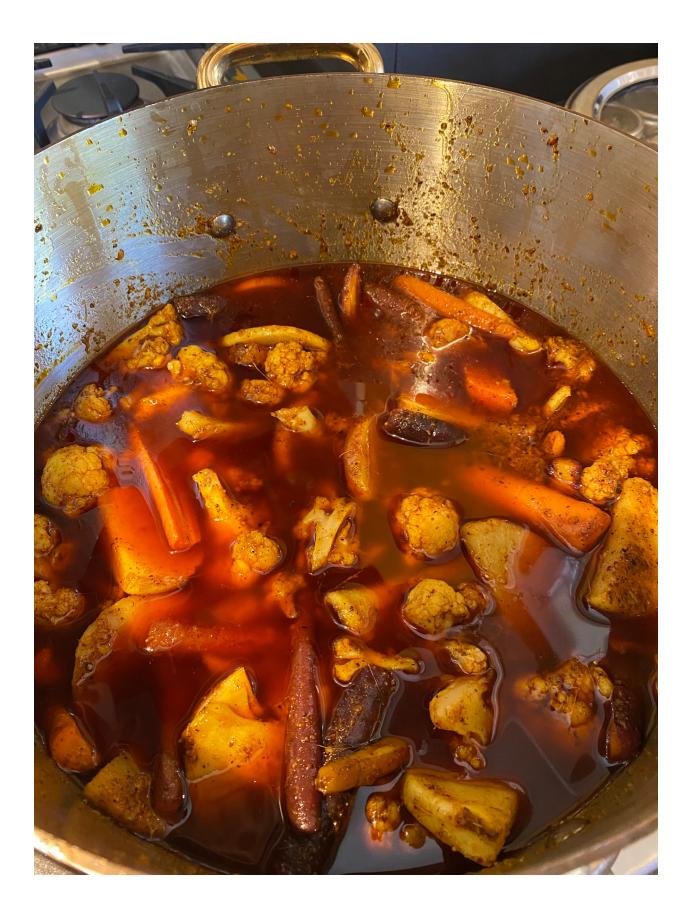
I try to use organic ingredients, because then I do not have to peel the carrots, turnips and ginger.



Ingredients:

Cauliflower-1kg Turnips-1kg Carrot-1/2 kg Ginger-200gms Garlic-100gms Red chili powder (non-Indians, please get this from the Indian store) -60gms Salt-120gms Cumin seeds (Jeera) -30gms Whole black pepper-25gms Mustard seeds (rai)-60gms Powdered Jaggery (unrefined, raw cane sugar) 250gms Vinegar-1 big cup Mustard oil – 500 grams Turmeric – 1 tablespoon Big pot of boiling water

Ground masala: 10 Cloves 2" cinnamon 6 Green Cardamoms (shelled) 6 Black Cardamoms (shelled)



Method:

1) Cut vegies into big pieces.

Carrots-long Cauliflower-large sprigs with the stalk on Turnips into fat 1/2-moon segments.

Do not peel the veggies.

2) Boil water in a big pot.

Add turmeric

Immerse all the veggies into the turmeric water for 3 minutes.

Remove from flame and let stand for 10 mins.

Drain thoroughly and spread on a cloth on a table overnight to dry (do not sundry.

3) Grind all the spices (except Jaggery, ginger and garlic)Grind ginger and garlic separately (not too fine).

4) Heat oil till it smokes

Put in all the spices, ginger and garlic. (Not the vinegar and jaggery) Stir it well and remove from heat in 2 minutes.

Put in dried veggies and mix well, but gently using a wooden spoon so that they do not get damaged.

5) Next, mix vinegar and jaggery and place it on a low flame for 5-6 mins till they are thoroughly blended.

Mix the vinegar/jaggery mixture in with the spice mix and veggies.

6) Cool (very important that it should be room temperature)

7) Put the pickle in a large ceramic or glass jar with a lid on (Make sure that the jar is not airtight, because the pickle has to "breathe." Put a clean cloth on top of the lid and tie it with a string or rubber band.)

8) Put it in a room with sunlight, or outdoors if there is no rain. IT SHOULD NEVER GET DAMP.

9) Now, let it cure for 2 weeks.

Stir once or twice in that period to make sure the veggies are all evenly cured.

Move to smaller bottles, and make sure that the veggies remain below a layer of oil.

Enjoy!