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 sun-dry.

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!