

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 veggies 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!