

Home-made Mustard Pickles

It is traditional in Australia to have a ham at Christmas, rather like it is traditional in England to have turkey. Sometimes the ham is glazed and baked for Christmas lunch but often it is eaten cold with an assortment of salads and seafood for an Aussie Christmas. Makes sense when it's 40°C outside.

These delicious pickles are an ideal accompaniment to ham and cold meat. Let them mature for about 3 months for the best flavour.

You will need several sterilised jars with tight fitting lids. Jars can be sterilised by placing in a cold oven and heating it to 150°C for 30 minutes. Or place in a large pan, cover with water and bring slowly to the boil. Keep in boiling water for at least 5 minutes.

Preparation time: 30 minutes. Cooking time: about 20 minutes.

500g cauliflower, chopped	2 tbsp seeded mustard
3 large zucchini, diced	3 tsp dry English mustard
3 medium onions diced	3 tsp curry powder
1 red capsicum, diced	½ teaspoon turmeric
1 green capsicum, diced	1 ¾ cups white vinegar
¼ cup cooking salt	2 tbsp plain flour
1 cup sugar	¼ cup white vinegar, extra

- Combine vegetables in a large bowl. Sprinkle with salt, cover and stand overnight.
- Rinse vegetables under cold water and drain.
- Combine vegetables with other ingredients except flour and extra vinegar in large saucepan.
- Stir over heat without boiling until sugar is dissolved.
- Bring to boil, simmer uncovered for about 10 minutes
- Blend flour and extra vinegar and add to vegetable mixture.
- Stir over heat until mixture boils and thickens.
- Pour into hot sterilised jars and make sure that the lid is on tightly . Invert jars for 2 minutes. Allow to cool and store in a cool dry place out of direct light.