

## Pickled Watermelon Rinds

*Yield: about 4 or 5 pints*

3 quarts (about 6 pounds) watermelon rind  
3/4 cup salt  
3 quarts water  
2 quarts (2 trays) ice cubes  
9 cups sugar  
3 cups white vinegar (5%)  
3 cups water  
1 tablespoon (about 48) whole cloves  
6 cinnamon sticks, 1-inch pieces  
1 lemon, thinly sliced, seeds removed

1. Trim the pink flesh and outer green skin from thick watermelon rind. Cut into 1-inch squares. Cover with brine made by mixing the salt with 3 quarts cold water. Add ice cubes. Let stand 3 to 4 hours.
2. Drain, rinse, cover with cold water, cook until fork tender (10 minutes - do not overcook). Drain.
3. Combine sugar, vinegar, water, and spices (tied in a clean, thin, white cloth). Boil 5 minutes and pour over the watermelon rinds; add lemon slices. Let stand overnight in the refrigerator. The next day, heat rinds in syrup to boiling and cook slowly 1 hour.
4. Pack hot pickled rinds loosely into clean, hot pint jars. To each jar add 1 piece of stick cinnamon from spice bag; cover with boiling syrup, leaving 1/2-inch headspace.
5. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
6. Process pint jars in either a boiling water or steam canner for 10 minutes between 0-1,000 feet elevation, 15 minutes between 1,001-6,000 feet, and 20 minutes above 6,000 feet.
7. Remove jars from canner. Let cool, undisturbed, 12-24 hours and check for seals. Clean and label jars. Store sealed jars in a cool, dry, dark location.

*Source: USDA Complete Guide to Home Canning, 2015*