



# Preserve Today, Relish Tomorrow

## UCCE Master Food Preservers of El Dorado County

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## Dixie Relish



*Photo courtesy of UCCE Master Food Preservers of Saramento Co.*

*This is an old fashioned, traditional relish. It is an ideal gift for those who love sweet-and-sour food. We decided to stick with tradition and use the old-fashioned method for soaking the vegetables in a salt-water brine, which was in the original recipe, instead of sprinkling salt over the vegetables, as more contemporary recipes do. Just be aware that this relish may be slightly saltier than those you are accustomed to, as tastes have changed over the years, but it's delicious, nonetheless.*

Yield: about six 8 ounce jars

- 4 cups finely chopped cabbage
- 1 ½ cups chopped onion
- 1 ½ cups chopped seeded red bell pepper
- 1 ½ cups chopped seeded green bell pepper
- ¼ cup canning salt
- 7 cups lukewarm water
- 3 Tblsp mustard seeds
- 2 Tblsp celery seeds
- 1 Tblsp whole allspice
- 1 Tblsp whole cloves
- 1 cinnamon stick (about 4 inches) broken into pieces
- 3 cups vinegar
- 2 cups sugar

In a large glass or stainless steel bowl, combine cabbage, onions, and bell peppers. Dissolve salt in lukewarm water and pour over vegetables. Cover and let stand in a cool place (70° to 75°) for 1 hour.

Transfer to a colander placed over a sink and drain thoroughly. Rinse with cool water and drain thoroughly again. Using your hands, squeeze out excess liquid. Set aside.

Meanwhile prepare canner, jars and lids.

Tie mustard seeds, celery seeds, allspice, cloves and cinnamon in a square of cheesecloth, creating a spice bag.

In a large stainless steel saucepan, combine drained cabbage mixture, vinegar, sugar and spice bag. Cover and bring to a boil over medium-high heat. Uncover, reduce heat and boil gently, stirring frequently, until thickened to the consistency of a thin commercial relish, about 15 minutes. Discard spice bag.

Ladle hot relish into hot jars, leaving ½-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot relish. Wipe rim, center lid on jar and screw band (ring) down until resistance is met, then increase to fingertip tight.

Place jars in canner, ensuring they are completely covered with water. Process in a boiling water canner or atmospheric steam canner for 10 minutes 0-1000 ft., 15 minutes 1001-6000 ft., 20 minutes above 6000 ft.

Remove canner lid, wait 5 minutes, then remove jars, cool, label and store.

*Source: Ball Complete Book of Home Preserving, 2006/2012*

