



UCCE Master Food Preservers of El Dorado County

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Preserve today, Relish tomorrow

Spicy Melon Pickles

Use firm cantaloupe. Pickled cantaloupe can spice up a fruit salad or be added to a tossed salad. Try making a light salad dressing with the brine. Wrap each piece with a good quality prosciutto and serve on a cheese and meat platter or serve as a light dessert.

- 3 vinegar (5% acidity)
- 2 cups water
- 2 sticks of cinnamon
- 2 teaspoons whole cloves
- 1 teaspoon whole allspice
- 1 teaspoon slivered, whole nutmeg
- 13 cups 1-inch cantaloupe cubes or balls
- 4 ½ cups of sugar

Yield: about 7 half-pint jars

Combine vinegar and water in a large saucepot. Tie spices in a spice bag and add to vinegar mixture. Bring to a boil. Reduce heat and simmer 5 minutes. Remove from heat.

Add melon, let stand 1 ½ to 2 hours.

Add sugar. Bring to a boil until sugar dissolves. Reduce heat; simmer until cantaloupe becomes slightly transparent.

Pack hot melon into jars, leaving ¼ headspace. Ladle hot pickling liquid over the melon leaving ¼ inch of headspace. Remove air bubbles and adjust headspace, if necessary, by adding more pickling liquid. Wipe rims clean, Center lid on jar. Screw band down until resistance is met, then increase to finger-tip tight.

Process 8-ounce jars in a boiling water bath or atmospheric steam canner for:
0-1000ft. for 15 minutes, 1001-6000 ft for 20 minutes, above 6000 ft. for 25 minutes.

Before removing the canner lid, wait 5 minutes then remove jars, cool, clean jars, label and store.

Source: Ball Blue Book Guide to Preserving, 2009

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