

FOOD FORUM

DOROTHY JOHNSON

Italian Recipes For Pickled Peppers

The following are three for hot, semi-hot or mild peppers, plus an antipasto pickle which contains sweet red peppers.

These pickles should be sealed in jars with caps while the pickling solution is still hot or store small quantities in a covered dish in the refrigerator.

MARY'S PICKLED PEPPERS

Hot Italian peppers
salt
wine or cider vinegar
water

Wash peppers and cut two small slits in each pepper. Pack peppers into sterilized jars or bowl. Sprinkle 2 tsp. salt over each quart of peppers. Bring equal parts of vinegar and water to a boil. Pour over peppers. Seal at once if to be started at room temperature overnight, then refrigerate.

PICKLED PEPPERS

4 qt. chiles (jalapeno, long yellow pimiento, etc.)
1 1/2 cups salt
4 qts. water
1/4 cup sugar
2 cloves garlic, optional
2 tbsp. horseradish
10 cups vinegar
2 cups water

Wear rubber gloves while handling hot chiles to prevent burning the skin. Cut two small slits in each pepper. Dissolve salt in 4 qts. water, pour over peppers in a bowl and let stand 12 to 24 hrs. in a cool place. Drain, rinse peppers thoroughly and drain again.

Combine sugar, garlic, horseradish, vinegar and 2 cups water and simmer 15 minutes. Remove and discard garlic. Pack peppers to within 1/4 ins. of tops. Adjust lids and process chiles 10 minutes in boiling water. Water both for half pints or pints.

PICKLED PEPPERS II

small yellow hot chiles
2 gallons water
3 cups salt
1 cup vinegar
1 clove garlic
1 bunch dill, optional

Wash peppers well and cut 2 slits in each one. Make a brine of 1 gallon water and 2 cups salt. Pour brine over chiles and weigh down to keep the submerged. Let stand 24 hours. Drain peppers well and pack into sterilized jars. Make a pickling solution of remaining 1 gallon water, 1 cup salt, vinegar, garlic, and dill. Bring solution to a boil and pour over peppers, filling and sealing one jar at a time.

QUICK PICKLED PEPPERS

small hot chiles
garlic
sliced onion
salt
turmeric or oregano
vinegar

Wash chiles thoroughly and make two slits in each or prick with a fork. Pack peppers in sterilized jars and add 1 peeled clove of garlic, 1 onion slice, 1/2 tsp. salt, and 1/2 tsp. turmeric to each jar. Fill jars with vinegar. Store in refrigerator and add more vinegar as they absorb vinegar after a few days.

ANTIPASTO PICKLES

1 small head cauliflower
2 sweet red peppers
3 med onions
2 qts. sliced cucumber
2 cups sliced zucchini
1/2 cup salt
2 qt. vinegar

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NEVER LEAVE UNITS ON "HIGH"

"High" heat should be used only for a fast cooking start. Use it until water or liquid starts to boil, then switch to "low" or "simmer" to finish cooking.

Use "Medium High" for frying, deep-fat frying and browning meats. Use "Medium" for slow frying and cooking foods such as bacon, ham, hamburger, hotcakes, grilled sandwiches, sauces, or foods that normally require a double boiler. Use "Warm" heat to keep foods at serving temperature.

USE THE RIGHT PAN SIZE:

As nearly as possible, fit the size of the pan to the size of the surface unit for even heat distribution. Putting a large pan on a small unit, for example reduces cooking efficiency.

STAGGER BAKING PANS

When using two oven racks to bake three or four pies or cake layers, stagger the pans so that no pan is directly over another. This allows for better heat distribution and helps eliminate over-browning. Remember, too, that baking pans or cookie sheets should never touch each other, the oven walls or door.

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NEVADA POWER COMPANY

3 tbsp. mustard seed
2/3 cup sugar
2/3 cup olive oil
small red hot chiles

Wash vegetables and break cauliflower into flowerets. Seed sweet peppers and cut into wide strips. Peel and slice onions. Place cauliflowerets, pepper strips, onions, cucumbers and zucchini in a large bowl. Sprinkle with salt, mix lightly but thoroughly and let stand 4 hrs. Drain. Taste and if too salty rinse vegetables and drain again. Combine vinegar, water, mustard, and celery seed. Bring to a boil. Remove from heat and stir until sugar is dissolved. Return to a boil and pack boiling hot into sterilized jars leaving 1/8 in. head space. Seal. Makes about 6 pints.

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VETERAN INFORMATION

President Nixon has approved plans for a \$14 million replacement hospital for the VA complex in San Francisco. ***

Kansas educator Teddie Shackelford has been appointed to VA's Vocational Rehabilitation & Education Advisory Committee. ***

During the past fiscal year, 451,719 vets a 28 percent increase, were counseled on VA benefits at Veterans Assistance Centers. ***

A new law increases monthly payments 8 to 12 per cent (retroactive to July 1) for most vets with service-connected disabilities. ***

VA study reveals that current GI Bill trainees are more likely to be enrolled in college than their World War II and Korean Conflict counterparts. ***

VA announces that eligible vets may now draw VA educational allowances while training at Opportunities Industrialization Centers in 33 cities. ***

Research additions costing \$11 million will be constructed at VA hospitals in Cleveland, Cincinnati, Ann Arbor, Philadelphia, Oklahoma City, Albuquerque, Wilmington, and Jackson, Miss. ***

A VA booklet, "Two Years of Outreach," describes how servicemen and veterans "get the word" about benefits.

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