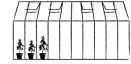


Bread and Butter Zucchini



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AWAKINO STATION

If you find yourself with surplus zucchini and like pickles, then try making this bread and butter zucchini. Perfect on burgers, in cold meat sandwiches, or as an accompaniment to cheese.

Ingredients:

- 1kg zucchini, thinly sliced
- 2 cups sliced red onion (about 2 medium or one large)
- 2 cups apple cider vinegar
- 1 cup honey
- 2 tbsp mustard seeds
- 2 tbsp salt
- 1 tsp chili flakes
- 1 tsp cumin or turmeric
- 2 tsp celery seeds (optional)

Method:

1. Sterilise 4x 500ml jars. Wash in hot soapy water, dry thoroughly, and place on the oven rack at 120°C for 10-15 minutes, or boil them in water for 10 minutes.
2. In a medium saucepan, combine vinegar, honey, onion, and spices. Bring to a boil and simmer over low heat for 5 minutes.
3. As the vinegar simmers, pack the raw zucchini into the hot sterilised jars, filling to 1 inch from the rim.
4. Scoop out the onions from the vinegar mixture and add to the jars. Pour the vinegar and spices over the zucchini and onions, filling to a 1/2 inch headspace. Remove air bubbles with a clean spatula, clean the rim with a damp cloth, and screw on the seal and band.
5. From here there are two options. The first, waterbath the jars at a rolling boil for 10 minutes. This gives them a shelf life of over a year and you are able to confidently store them in the pantry. Otherwise simply screw the lid on and store the jars in the fridge. Once open use within 3 months.