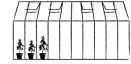


Nasturtium Capers



Jaz Mathisen

AWAKINO STATION

These capers made from nasturtium seeds are a great alternative to the store bought caper. Bursting with flavour, they're perfect for potato salads, with fish, on pizza or in a herb butter for steak.

Ingredients:

- Per 1 cup nasturtium seeds you'll need 250ml water 3 tsp salt 250ml white vinegar 1/2 tsp sugar 5 peppercorns 1 bay leaf

Method:

1. Pick the nasturtium seeds and measure them by the cupful into a bowl. Dissolve the salt in the water and soak the seeds overnight.
2. The next day, sterilise small jars and heat the vinegar, sugar and peppercorns in a small saucepan until boiling. Drain the nasturtium seeds and pack into the hot jars leaving 1cm headspace. Place a bay leaf into each jar. Carefully pour the boiling vinegar over the seeds, filling the jar until the seeds are covered. Remove air bubbles and seal with a lid.
3. Water bath the jars for 10 minutes at a rolling boil, then store the nasturtium capers in the pantry until needed. Once open, store in the fridge.
4. You could also simply simmer the nasturtium seeds in the vinegar mixture for 10 minutes, pour into a jar and then store in the fridge.