

Since 1905



Sweet Pickled Green Beans

Ingredients:

1 1/2 lb. Green Beans,
cut into 3 inch lengths

3 tsp. Pickling Spice

3 tsp. Black
Peppercorns

3 tsp. Woeber's White
Distilled Vinegar

3 oz. Granulated Sugar

1 Bay Leaf

1 Garlic Clove

1 Onion, chopped

1 Red Sweet Pepper,
deseeded and
chopped

A few sprigs of dill

Instructions:

1. Prepare the jars.
2. Bring a large pan of water to the boil, add the beans and boil for 1 minute. Drain well and dry on kitchen paper.
3. Place the pickling spice and peppercorns onto a piece of muslin, tie up into a bag with a piece of string. Place in a large saucepan together with the Woeber's White Distilled Vinegar, sugar, bay leaf and garlic.
4. Cook the mixture over a low heat, stirring, until the sugar has dissolved then bring to the boil, reduce the heat and simmer for 10 minutes. Remove the muslin bag, bay leaf and garlic clove. Leave to cool.
5. In a bowl, mix together the onion and Capsicum.
6. Pack the beans into the warm jars so that they are upright then spoon in the onion and pepper mixture to within 1 inch of the top of the jars. Add 2 sprigs of dill to each jar, and pour over the hot vinegar mixture.
7. Cover, seal and label. Storage – Store in a cool dark place for 2-3 weeks before consuming.