Zucchini: Preserve It



Zesty Zucchini Relish

Yield: about 4 to 5 pints

12 cups finely chopped zucchini (about 12 medium)

3 cups chopped onions (about 3 medium)

2 red bell peppers, seeded and chopped

1 green bell pepper, seeded and chopped

1/3 cup pickling salt

2-1/2 cups sugar

2-1/2 cups white vinegar (5%)

1 tablespoon ground nutmeg

1 tablespoon ground turmeric

4 Tablespoon prepared horseradish

1 chili pepper; including seeds, chopped

- 1. Combine zucchini, onions, red and green peppers and salt in a large glass or stainless steel bowl. Cover and let stand in a cool place (70 to 75°F) for 12 hours or overnight.
- 2. Transfer to a colander placed over a sink and drain. Rinse with cool water and drain thoroughly. Using your hands, squeeze out excess liquid. Place in in a large stainless steel saucepan.
- 3. Add sugar, vinegar, nutmeg, turmeric, horseradish and chili pepper. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring frequently, until liquid is reduced and mixture is the consistency of a thin commercial relish, about 45 minutes.
- 4. Wash and rinse canning jars; keep hot until ready to use. Prepare lids and bands according to manufacturer's directions.
- 5. Ladle hot relish into hot jars leaving 1/2-inch headspace. Remove air bubbles and adjust headspace if necessary. Wipe rims. Apply lids and rings. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
- 6. Process in a boiling water or atmospheric steam canner for 15 minutes between 0-1,000 feet, 20 minutes between 1,001-3,000 feet, 25 minutes between 3,001-6,000 feet, 30 minutes between 6,001-8,000 feet, and 35 minutes between 8,001-10,000 feet.

Source: Ball Complete Book of Home Preserving, 2012