

## CACKLE



## FRUIT

Swashbuckling adventures  
& experiments in all things  
ingestible

### EQUIPMENT & INGREDIENTS

7 medium sized zucchini

1 large sweet bell pepper

1 large onion

3-4 pickled peperoncini  
peppers

1/4 cup Kosher salt

1 1/4 cup white sugar

1 1/2 tsp. ground nutmeg

1 1/2 tsp turmeric

## VARIANTS (DEVIANTS?)

Recipe suggestions? We're all  
ears: [heycacklefruit@gmail.com](mailto:heycacklefruit@gmail.com)

2 tsp of prepared horseradish  
for extra kick

1/4 tsp fennel seeds, no hot  
peppers

1 Scotch Bonnet pepper, for  
those with fiery daring

# Hot Damn Zucchini Relish



## DIRECTIONS

### Day 1

1. Chop zucchini, onion and pepper and mix well in a bowl with the Kosher Salt.
2. Cover and leave overnight.

### Day 2

3. Pour chopped vegetables into a colander and lightly press with your hands to remove excess liquid.
4. Transfer to saucepan, add the sugar, nutmeg, turmeric and peperoncini peppers and bring to a boil.
5. Reduce heat to medium and cook, stirring frequently, until the relish begins to thicken.
6. Prep and sterilize jars/lids.
7. Fill jars to within 1/4" of the rim and process in hot water canner for 15 mins.

## FACTOIDS

The largest zucchini on record was an astounding 69in. long.

Zucchini have more potassium than bananas. Take note, those of you prone to weird foot/leg cramps.

The heat of hot peppers is measured in Scoville units. Check out the scale [here](#).

The French and British insist on calling zucchini a 'courgette', which caused me endless confusion at the grocery store, along with eggplant (aubergine).