

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?)

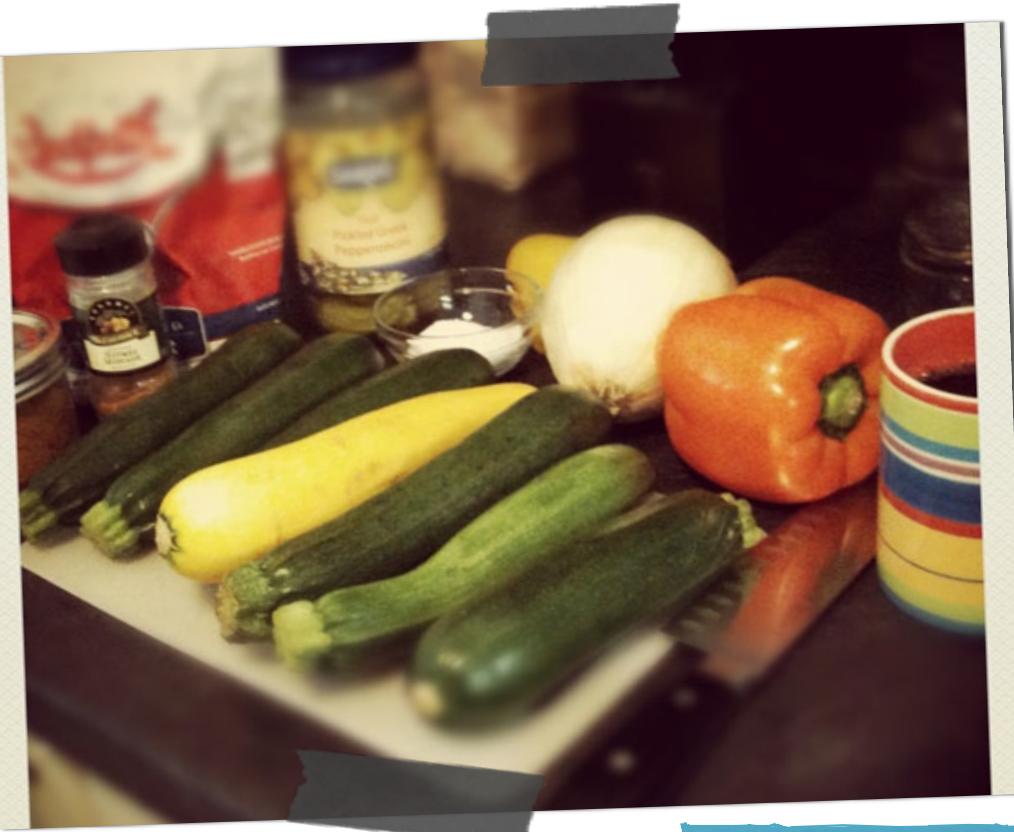
Recipe suggestions? We're all ears: heycacklefruit@gmail.com

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).