

Seasonal Eating

Chowchow

3 cups chopped fresh cabbage
3/4 cup chopped onion
3/4 cup chopped green tomato
1/2 cup chopped green bell pepper
1/2 cup chopped red bell pepper
1 tablespoon pickling salt
3/4 cup sugar
1/2 cup white vinegar
1/4 cup water
3/4 teaspoon mustard seeds
1/4 teaspoon celery seeds
1/4 teaspoon ground turmeric
1/2 teaspoon red pepper flake
1 jalapeño pepper, seeded and finely chopped

In a large bowl, combine cabbage, onion, tomato, bell peppers and salt. Cover and chill 2-8 hours. Transfer to a Dutch oven and stir in the sugar, vinegar, water, mustard seed, celery seed, turmeric and red pepper flakes. Bring to a boil over medium high heat. Reduce heat to medium and simmer 3 minutes. Cool to room temperature (about 30 minutes). Stir in the jalapeno, cover and chill 1-8 hours.

Makes a huge amount. Good topping for grilled chicken, barbecue, steak tacos, hot dogs, etc. Very crunchy and flavorful.