

Turn over for
BEEF BURGERS

Cucumber and Onion Pickle



PREP: 20 MINS



COOKING TIME: 2 HOURS

INGREDIENTS

- 1 large Cucumber (washed and thinly sliced)
- 2 medium Onions (peeled and sliced)
- 2tbsp salt

For the Pickling Liquid:

- 250ml White Wine Vinegar
- 100g Caster Sugar
- 1tsp Mustard Seeds
- ½tsp Curry Powder
- ½tsp Black Peppercorns

METHOD

- Put the cucumber slices and onions in a large bowl in layers. Sprinkle with the salt, cover and leave for 2 hours, turning once gently. Rinse under cold running water and pat dry with a clean tea towel or kitchen paper.
- **To make the pickling liquid:** Put all the ingredients in a pan and warm over a low heat for 3 - 4 mins until the sugar dissolves.
- Pack the cucumber slices in 2 cold, sterilised jars and pour over the vinegar to cover the cucumber and onions.
- Tap the jars to remove any air pockets, seal with a wax disc and the cover. Leave the jars in a cool, dark place for 1 week to mature.



Add to salads or sandwiches



Perfect with sausages and burgers

Spiced Tomato Relish



PREP: 10 MINS



COOKING TIME: 7 - 8 MINS

INGREDIENTS

- 1tbsp Rapeseed or Olive Oil
- 1 small Red Onion (peeled & finely chopped)
- 200g Chopped Tomatoes (tinned)
- 1tsp Caster Sugar
- Pinch Dried Chilli Flakes
- 1tbsp Balsamic Vinegar

METHOD

- Heat the oil in a non-stick pan.
- Cook the onions for 2 - 3 mins, or until soft. Add the remaining ingredients and simmer for 5 mins.
- Remove from the heat.
- Wait to cool and then serve.

Two great additions to your picnics or BBQs