

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Giardiniera (jar-dhi-nair-ah)

Inspired by and adapted from a recipe by [Rebekah Mocerino](#)

I used to layer the vegetables individually in the jar. The jar looked beautiful. At serving time, though, it was difficult to get a variety of vegetables. Now, I toss the vegetables together before packing them into the jar. Still beautiful and so much easier to serve.

I've begun slicing the peppers, onion, carrots, celery and garlic in the food processor using the 2mm slicing blade. Very fast and very efficient.

Makes ½ gallon

Active time: ½ hour

Fermentation time: 4-5 days

Vegetables

3½ cups small cauliflower florets

1 red, yellow or orange bell pepper, ¼-inch thick slices (1½ cups)

½ onion, thinly sliced (1½ cups)

1½ cups thinly sliced carrots

1 cup thinly sliced celery

3 large garlic cloves, peeled and thinly sliced

1 large Serrano pepper (or more to taste) seeded or not and thinly sliced

2 bay leaves

2 sprigs fresh thyme

Brine

2 tablespoons unrefined salt

4 cups water

1. Prepare each of the vegetables. Toss them together with the herbs in a large bowl.
2. Add them to the jar, packing them down as you do so.
3. Fill each jar with the brine, leaving 1½ -2 inches of headroom—the space at the top, between the rim of the jar and the top of the vegetables.
4. Weight the vegetables so they are completely submerged in the brine.
5. Cover the jar with a plastic bag held in place with a rubber band.
6. Place the jar in a closed cupboard. Let the giardiniera ferment at room temperature 4 days before checking the flavor. If you prefer the flavor more sour, continue fermenting. If you love it as it is, transfer the jars to the refrigerator.
7. “Burp” the jars once daily (to release any built-up gasses) while the giardiniera is fermenting.