

# ESCABECHE

This medley of pickled vegetables is a healthy addition to chicken, fish, or anything else you like. It can be served warm or cold like a relish.

## **A NOTE OF CAUTION:**

If your hands are sensitive to heat from peppers or if you wear contacts, I suggest you wear gloves or coat your hands in salad oil to make rinsing the pepper from your hands easier.

- a non-reactive pan
- 1/4 cup vegetable oil
- 12 fresh jalapenos, rinsed
- 1 large carrot trimmed, peeled, and cut on an angle into 3/4" pieces
- 1 cup additional veggies of your choice, such as cauliflower, okra and green beans
- 2 tablespoons kosher salt
- 2 cups water
- 6 cloves garlic, each peeled and cut in half crosswise
- 14 peppercorns
- 1/4 teaspoon cumin seeds
- 2 cloves
- 6 bay leaves
- 1/4 teaspoon dried thyme or 2 sprigs fresh thyme
- 1 teaspoon dried Mexican oregano
- 1 small white onion (approximately 3/4 lbs)
- 2 cups cider vinegar
- 1 cup white vinegar

1. Prep jalapenos by piercing with a knife, about 4 times per chile. This will help develop the flavors.
2. Pour oil into a non-reactive pan and bring to sauté heat.
3. Add chiles, onions, carrots and any other vegetables that are desired.
4. Sauté vegetables for approximately 8-10 minutes over medium heat, being careful not to brown them.
5. Add remaining ingredients and bring to a simmer for approximately 10 minutes or until carrots are cooked but not soft.
6. Remove from heat, cool and refrigerate overnight. When ready, this dish can be served hot or cold.

