



Pickled Watermelon Rind

Many of us throw away the watermelon rind. Instead of throwing it away, you can add value to it by making a delicious pickle! If you like cornichons and gherkins, you will love this!

Ingredients

- 500g watermelon rind. Remove the green skin as it's a laxative. Leave about 5mm flesh left on the rind.
- 3 tbsp salt
- 500g sugar
- 375ml water
- 375 white wine vinegar or cider vinegar. A clear vinegar will show off the beauty of the pickle.
- Spice Bag – 2.5cm fresh ginger root chopped, 1/2 cinnamon stick, 1/2tbsp allspice berries, 1/2tbsp cloves, 1-2 strips orange or lemon peel.

Method

- Slice watermelon rind into 2.5cm cubes and put in a large bowl with salt. Add enough water to cover then mix until salt dissolved. Cover with cloth and leave overnight.
- Next day drain and put in a preserving pan and cover with fresh water. Bring to the boil and then reduce the heat and simmer for 15 minutes. Drain well.
- Put sugar, water, vinegar, and spice bag in a cleaned pan. Bring to boil and cook for 5 minutes. Skim any impurities from the liquid.
- Add the drained rind and return to the boil then simmer for 45 to 60 minutes.
- Fill sterilised and clean jars with the pickle and top the jars with the pickling liquid. The pickles need time in the liquid to pickle properly. This should take about 1 month.



Preserving Instructions

If processed correctly, these pickles will have a long shelf life. You will need to check with your food regulatory agencies to obtain the official shelf life.

Sterilising jam jars is a really important part of the process. There is a risk of botulism if you do not sterilise your jars correctly. Therefore, don't be tempted to skip over the sterilisation stage!

Top tip: Timing is important because you should put your preserve into a hot jar whilst the preserve itself is still piping hot

Preparation of jars

- Jars must be thoroughly cleaned and dried. Dirt or water in the jars could lead to bacterial growth
- New or used jars may be used. If using used jars, ensure the lids are not damaged and that they fit the jar properly.

There are various methods for cleaning jars. This is our preferred method.

- Wash the jars and lids in hot soapy water.
- Heat your oven to 140°C / 275°F / Gas Mark 1.
- Place clean jars and lids on a tray and place in an oven for a minimum of 20 minutes. Jars can be left in the oven until you are ready to use them
- Fill the jars just a few centimetres from the top and screw the lid on tightly.



- It's a good idea to tap the jar gently on the work surface once filled and before you fit the lid, to remove any air bubbles.

If you do not have an oven, you may use the water bath method. Place the jars in a pot and fill the pot with hot water until the jars are covered. It is best if you have a rack in the pot to keep the jars from bumping into each other and breaking. Bring to a boil and keep at the maximum temperature for 10 minutes. After 10 minutes, remove the jars with tongs, tip out any excess water and set upside down on a clean kitchen towel. As soon as the jars are dry, they are ready to use. Please note, the jars must be hot and dry when you fill them.

For the lids, place them in a pot and cover generously with water. Bring to a boil then lower the heat to simmer. Simmer the lids for 10 minutes. Turn off the heat and cover the pot until you are ready to seal the jars. Dry the lids with a clean cloth before use.

Please remember, to keep your product safe, the product, jars and lids must be hot during the filling process.