



*Perfect recipe
for collective kitchens*

Zucchini Relish



To calculate the amount needed for each ingredient: Amount of the basic recipe X Number of recipes = Total Amount

Ingredient	Amount	Number of recipes	Total amount
Peeled, seeded and diced zucchini	2.5 L (10 cups)		
Onions thinly diced	4		
Green bell peppers thinly diced	2		
Red bell peppers thinly diced	2		
Salt	10 ml (2 tsp.)		
Celery seeds	10 ml (2 tsp.)		
Cornstarch	30 ml (2 tbsp.)		
White vinegar	1.25 L (5 cups)		
Turmeric	15 ml (1 tbsp.)		
Pepper	5 ml (1 tsp.)		
Dry mustard	2 ml (½ tsp.)		

PREPARATION 3 HOURS
COOKING 2 H 30 MIN
MAKES 2.5 L

Preparation

- Combine the zucchini, onions and peppers with the salt.
- Let stand for at least 2 hours.
- Drain well and add the remaining ingredients.
- Cook until tender, for about 1 ½ hours.
- Thicken with cornstarch diluted with a little water.
- Pot and sterilize using the method for acid products.
- Boil for 10 minutes in a boiling water bath.

