



BLUE ZONES PROJECT
by sharecare

RECIPES



POWERED BY:



PISCAH
HEALTH FOUNDATION

Copyright © 2021 Blue Zones, LLC and Sharecare, Inc. All rights reserved.



Chow Chow Relish

CHOW CHOW RELISH IS A GREAT TOPPING OR SIDE FOR SOUTHERN FOODS.

Ingredients

- 8 cups chopped Cabbage (1 small head)
- 6 cups chopped Green Tomatoes (about 4 medium)
- 4 cups chopped Onions (about 2 medium)
- 2 cups chopped Sweet Green Peppers (about 4 small)
- 1 cup chopped Sweet Red Peppers (about 2 small)
- 2 small Cayenne Peppers, chopped
- 1/4 cup Salt (canning and pickling salt)
- 3 cups Granulated Sugar
- 4 teaspoons Celery Seed
- 4 teaspoons Dry Mustard
- 2 teaspoon Mustard Seed
- 2 teaspoon Turmeric
- 1 teaspoon Ginger
- 1 teaspoon Ground Cinnamon
- 1 teaspoon Ground Cloves
- 1 teaspoon Crushed Pepper Flakes
- 5 cups White Vinegar

Directions

Chop and dice all vegetables.

Place in non-reactive container (glass, stainless, ceramic)

Sprinkle with salt. Gently mix well.

Let stand 4 to 6 hours, or overnight if possible.

Drain well.

Rinse and drain again.

Combine sugar, spices and vinegar in a large saucepot.

Simmer 10 minutes.

Add vegetables, simmer 10 minutes.

Bring to a boil, cook until veggies are tender.

Find it online: <https://www.tasteofsouthern.com/chow-chow-relish/>