

Escabeche

Pickled Jalapeño Chiles & Vegetables
Betsy Martin SV Equinox

Ingredients

$\frac{1}{4}$ lb carrots, peeled and sliced diagonally
 $\frac{1}{4}$ lb onions sliced thinly
6 cloves garlic peeled and cut in $\frac{1}{2}$
1 $\frac{1}{2}$ lb jalapenos
1 TB oregano
1 TB rosemary

Directions

White vinegar - enough to cover veggies + 2 C to cook *

1 C red vinegar OR cider vinegar

Wearing rubber gloves, prepare jalapenos by slicing off stem end, cut in half, remove all seeds and internal lighter membranes

Place in bowl and cover with white vinegar, place in sun for about 45 minutes
Every so often, slice a thin sliver off 2 or more different chilies. When they taste mild, take out of sun and proceed.

In saucepan, place spices, two vinegars and carrots. Cook until al dente, add onions, garlic and cook until onions appear transparent. Finally add jalapeños and cook until chilies are a lighter shade of green. (You don't want the chilies or any of the other vegetables mushy)

*The vinegar that was used to soak the jalapenos can be used in the cooking process but taste it first to make sure it is not hot from the soaking process. If used you might add a TB of sugar.

You can also add other vegetables like cauliflower and celery