

Sweet and Sour Pickled Butternut Squash

I think it's important to cut the squash into small $\frac{3}{4}$ -inch pieces. This is the most work you'll do for this recipe; the rest is easy. I prefer my squash to be slightly crunchy, with a bit of bite and no mushiness.

Ingredients:

This recipe yields approximately 8 cups of sweet-and-sour butternut squash.

Run the jars that you are going to use through the dishwasher when you are ready to fill them.

3 $\frac{1}{2}$ pounds of butternut squash
2 cups of white wine vinegar
2 cups of sugar
1 lemon, with peel included
1 vanilla bean
1 1-inch piece of ginger
2 cinnamon sticks
1 TSP. cloves
1 $\frac{1}{2}$ cups of water

Directions:

Peel the squash and cut it into $\frac{1}{2}$ -inch cubes or slices, depending on your preference. Mix $\frac{1}{2}$ cup vinegar with $\frac{1}{2}$ cup water, then add the squash to a covered container and refrigerate overnight.

Peel the lemon into thin slices, avoiding as much of the white pith as possible. Set aside and squeeze out the lemon juice. Cut the vanilla bean lengthwise and scrape out the seeds. Cut the bean into four pieces. Peel the ginger and slice it into small pieces. Add the sugar, the remaining vinegar, all the spices, and 1 $\frac{1}{2}$ cups of water into a pot and bring to a boil. Add the squash with the liquid and cook for about 3 minutes. As I mentioned before, I like my squash a little crunchy.

Ladle the squash and liquid into clean jars. I made a larger jar and stored it in the fridge, where it will last a week or longer. Mine never does. I filled the rest of the squash into canning jars, sealed them, and baked them in a preheated 400-degree oven. I placed the jars in a pan with hot water, making sure they don't touch each other. Turn off the oven once the liquid in the squash starts to bubble. Leave the jars in the oven for 30 minutes without opening the doors. Take the jars out of the oven and test for sealing. I put mine upside down until they pop; that means they are sealed.

Guten Appetit!

Adapted from a German website called Lecker
By the Sunnycovechef