

Cauliflower Pickle

Written by W.J.Pais

Ingredients

Quantity:	Measure:	Ingredients:	Description:
1	Large	Cauliflower	
3	Medium	Chillies Green	Sliced
1, 1/2	Teaspoon	Salt	
1, 1/2	Teaspoon	Mustard Seed	coarsely ground
1/2	Teaspoon	Chilly Powder, Red	
1	Teaspoon	Fennel - Saunf	coarsely ground
1/4	Teaspoon	Turmeric Powder	
1/8	Teaspoon	Asafetida (Hing)	
1	Tablespoon	Lemon Juice	
3	Tablespoon	Mustard Oil	or Olive Oil

Method

1. Cut the cauliflower in small florets, (Should be about four cups of cauliflower).
2. Wash the cauliflower and pat dry, spread the cauliflower over the towel for at least an hour to air dry, ensuring the cauliflower don't have any excess water.
3. Mix all the ingredients together with the cauliflower and let it marinate for 2 to 3 hours before serving.
4. Pickle can be refrigerated for about one week