

Bread and Butter Pickles

Ingredients

3 quarts sliced cucumbers
3 quarts onions, sliced or pickling
1 cup canning salt
1 quart cold water
1 pint vinegar
4 cups water
ice
5 cups sugar
2 cups water
1/2 Tablespoon turmeric
1 Tablespoon pickling spice
2 1/2 cups vinegar

Method

Soak sliced cucumbers and onions in 1 cup salt and 1 quart water overnight. Drain in the AM and cook for 15 minutes in 1 pint vinegar and 4 cups water. Drain and put mixture in ice water until chilled. Pack in 6 hot jars and pour boiling syrup over them and seal. Process in boiling water bath for 10 minutes. Yields 6 quarts.

Note

Recipe from Med Sandall, Park Valley, Utah to Grace Weese in 1963. Shared with Rae Udy in 2003.

Calories: 86, total fat: 0, Sodium: 54, potassium: 5%, dietary fiber: 4%, protein: 5%, calcium: 3%, vitamin C: 9%