

## BABY MARROW ( OR BEAN OR CABBAGE ) PICKLE.

CHEF: THE ONE-AND-ONLY SYLVIA SUTHERLAND FROM  
WAKKERSTROOM.

1. 1 KG OF ABOVE VEGETABLE CHOPPED.  
½ KG ONION CHOPPED.  
WATER (SHE FORGOT TO SAY HOW MUCH).

ADD SALT AND BOIL UNTILL SOFT. DRAIN OFF LIQUID AND  
LET COOL.

2. PICKLE SAUCE PROCESS:

- 375 ML WHITE GRAPE VINEGAR.
- 625 ML SUGAR.
- 15 ML MUSTARD POWDER.
- 15 ML SALT.

BOIL ALL THIS TOGETHER ( IN ANOTHER BIG POT , DUMMY)

3. MIX - 30 ML FLOUR  
- 30 ML MEDIUM YELLOW CURRY POWDER  
WITH A LITTLE WATER.

4. ADD "3" AND "1" TO THE STUFF IN POT "2" AND BRING TO  
BOIL UNTILL IT REACHES THE DESIRED THICKNESS. ( IF IT  
STAYS TOO THIN, ADD SOME CORNFLOUR ( MAIZENA FOR  
YOU) TO THICKEN FURTHER.

5. BOTTLE IN STERILIZED JARS.

( IF YOU WANT TO MAKE ONION PICKLE, OMIT THE FLOUR )