



Chef Demo with Jay Swift of 4th & Swift Restaurant 6/26/10

Pickled Peppers

2 cups thinly sliced mixed hot peppers of your choice (Heirloom Gardens)

½ cup sugar

1 ½ cups Cider Vinegar

½ cup salt

2 cloves garlic

1 bay leaf

- 1) Thorough salt the peppers and allow to sit one hour
- 2) Rinse and dry peppers and place them in a mason jar
- 3) Combine vinegar and sugar, bring to boil
- 4) Pour boiling vinegar over peppers, seal, refrigerate.