



**Sustainable Solano**  
NURTURING INITIATIVES FOR THE GOOD OF THE WHOLE

## Quick & Easy Giardiniera

6 oz. cauliflower, cut into 1" florets  
1 celery rib, sliced ¼" thick  
1 carrot, sliced ¼" thick  
1 ¼ cups seasoned rice vinegar  
¼ cup water  
2 garlic cloves, peeled and halved  
½ t. red pepper flakes  
¼ t. black peppercorns  
¼ t. yellow mustard seeds

Place cauliflower, celery and carrot in 1-quart glass jar with tight fitting lid.

Combine vinegar, water, garlic, pepper flakes, peppercorns and mustard seeds in a small saucepan and bring to a boil. Pour brine into jar, making sure all veggies are submerged. Let cool completely. Attach jar lid and refrigerate for at least 3 hours before serving. Giardiniera will keep, refrigerated, for at least 1 week.

Makes about 1 quart, or around 16 servings.

Other additions: try bell peppers, green pimento-stuffed olives and sliced jalapeno peppers for even more spice!

Recipe from *Cooks Illustrated*.

**Buy local! Get produce for this recipe from small Solano County farms. Visit <http://sustainablesolano.org/local-food/> for resources and information.**