

# Corn Chow Chow Relish

- 18 to 20 ears of cooked corn, cut off the cob
- One large onion (finely chopped)
- One whole green bell pepper finely chopped
- One sweet red pepper finely chopped
- 4 cups of organic white vinegar
- 3 cups or 600 grams of sugar-(I used Sugar in the Raw)
- 2 tablespoons of salt
- 1 tablespoon of celery seed
- 2 tablespoons of mustard seed
- 1 teaspoon of organic turmeric



**NOTE:** I steam my corn on the cob in a pressure-cooker, for approximately 4 minutes; remove from the rack to cool for approximately 15 minutes; proceed to cut the corn off the cob.

## Making Corn Relish

1. Combine all the ingredients and a large stainless-steel saucepan
2. Bring the mixture to a boil
3. Simmer around 20 minutes
4. Pour hot into hot jars, leaving  $\frac{1}{4}$  inch headspace
5. Process 15 minutes in a boiling water bath
6. This will yield approximately 11 pints or 21 half-pint jars

## Water-Bath Method

- The corn chow chow relish must be hot
- Ensure that the water in the water bath is simmering
- Add sterilized, hot, and filled jars, slowly to the water-bath
- Have a large kettle of boiling water ready to add to the sides of the jars
- Have the tops of the jars covered with hot water
- Once the water reaches a boil, start the timer
- Boil for 15 minutes, add hot water if needed to cover the jars
- Remove the jars from the canner, place them on a wooden rack to cool
- Remove outer rings and store in a cool-dry place