
Poose`s Chow-Chow

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

2 large heads (about 8 pounds) cabbage

1/4 bushel (about 12 pounds) green tomatoes

6 to 7 large bell peppers

5 to 6 large onions

1 cup (or more) hot green peppers

1 gallon white vinegar

5 cups sugar

1/2 cup salt

1 teaspoon allspice

1 teaspoon celery seed

1 teaspoon alum

1 teaspoon turmeric

1 tablespoon dry mustard

2 tablespoons pickling spices

1/2 teaspoon ground cloves

Grind the cabbage, tomatoes, bell peppers, onions and hot green peppers. Place on a large clean dish towel. Sprinkle with salt. Tie the corners of the towel together to make a bag. Let stand in the sink for about two hours.

Tie the pickling spices in a cheesecloth bag. Place the bagged spices in the bottom of a large Dutch oven. Add all of the other ingredients. If necessary, add enough water to cover the vegetables. Cook for about 25 minutes, stirring occasionally.

Keep the chow-chow at near-boiling while filling the hot sterilized jars. Adjust the lids and process in a boiling water bath for 15 minutes.

(This is a great relish for hot dogs, roast beef, tuna fish and especially dabbed on top of Cowboy Beans.)

Yield: 15 to 20 pints

Condiments, Sauces

Per Serving (excluding unknown items): 4910 Calories; 5g Fat (0.9% calories from fat); 18g Protein; 1336g Carbohydrate; 29g Dietary Fiber; 0mg Cholesterol; 51286mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 17 1/2 Vegetable; 1/2 Fat; 82 1/2 Other Carbohydrates.