



Ingredients

5 cups water
1½ cups vinegar
¼ teaspoon peppercorns, whole
4 cloves garlic, whole
1 level teaspoon salt

1kg artichoke hearts (to prepare see 'How to Prepare' on our website.



How to Prepare

1. Wash 4 x 400ml jars well and dry. Place in warm oven (without lids) to keep jar hot.
2. Place water, vinegar, peppercorns, garlic and salt in saucepan and bring to the boil.
3. Add artichoke hearts and return to boil point. Lower heat and simmer for 1 minute.
4. Remove jars from oven and pack hearts into the hot jars.
5. Strain liquid into the jars and seal well.
6. Do not overcook artichoke hearts, as they will continue to cook a little in the jars. The artichoke hearts need to remain firm otherwise they will be mushy.

Makes 4 x 400g jars

