



Sweet-and-Sour Pickled Pumpkin

By Britta Gädtke

Ingredients

- 2.5 kilograms (5.5 pounds) of pumpkin, preferably firm cooking varieties like Muscat pumpkin or Blue Hubbard squash
- 500 milliliters (16 ounces) of clear apple cider vinegar
- 1250 grams (5.5 cups) of sugar
- 1.5 liters (53 ounces) of water
- 6 to 7 cloves, whole
- 2 to 3 cinnamon sticks

Directions

Remove the skin, seeds, and soft flesh around the seeds of the pumpkin. Now, cut the flesh into three-quarter-inch cubes, approximately. Put them in a bowl, and pour the apple cider vinegar over them. Cover the bowl with a lid or plastic wrap, and let it stand overnight at room temperature. From time to time, give the bowl and its contents a little shake.

The next day, drain the liquid into a pot, and bring it to a boil with the water and spices. Now, put the pumpkin cubes in the liquid in portions, and blanch them briefly. Don't let it stand too long to prevent the pieces of pumpkin from getting too soft.

Fill the pumpkin cubes tightly into jars, and fill the jars to the brim with the pumpkin stock. If there's any liquid leftover, you can store it in the refrigerator for a day or two or preserve it in a jar, in case you have any leftover pumpkin, and you want to preserve it.

Tip: You can divide the cinnamon sticks and cloves from the stock among the jars, but keep in mind that the flavor becomes more intense with time. If you don't like that, simply discard the spices.

Close the jars with rubber rings, lids, and clamps, and process them in a preserving pot or double boiler for 30 minutes at 90°C/194°F. Do not remove the clamps until the jars have cooled completely.

Allow the sweet-and-sour pickled pumpkin to steep in the jar for AT LEAST three, preferably four, weeks before consuming. It gets tastier with time!

This recipe is a part of a series on canning and preserving created by Britta Gädtke / www.glasgefleuster.de for STILLSTAND, a digital zine from the Goethe-Institut with the sole purpose of exploring instances of stagnation across cultures. More at www.goethe.de/standstill.