



Pickled Parsnips



Ingredients

- 400ml white wine vinegar
- 400ml water
- 250g caster sugar
- 1 tsp pepper corns
- 6 bay leaves
- 1 tsp cumin seeds
- 1.5kg parsnips, beetroot, turnips or carrots, peeled and cut into 1cm slices

Preparation

1. Bring vinegar, water, sugar and spices to the boil.
2. Allow to cool before pouring over root vegetables.
3. Seal and store in fridge for 4 weeks before using.