



the Caribbean



Haitian “Pikliz” – Pickled Vegetable Slaw

6 Servings

Ingredients

- 1/8 tsp. – ground cloves
- 1/8 tsp. – ground black pepper
- 3/4 tsp. – kosher salt
- 2 tsp. – minced garlic
- 2 tsp. – fresh sliced jalapeno
- 3 tbsp. – thinly sliced scallion
- 1/2 cup – matchstick cut red bell pepper
- 1/2 cup – shredded carrot
- 1/4 cup – sliced onion
- 1 1/2 cup – shredded green cabbage
- 2 tbsp. – lime juice
- 3/4 cup – apple cider vinegar

Method

1. Combine cabbage, onion, carrot, bell pepper, scallions, jalapeno (thinly sliced), garlic, salt, pepper, and cloves in a bowl. Toss well to combine.
2. Pack vegetables into an appropriately sized food storage container with a tight-fitting lid.
3. Pour vinegar and lime juice over vegetables. Press down on vegetables if needed until they are completely submerged in liquid.
4. Cover with lid and refrigerate for 2 days before serving.

Serve and Enjoy!