

Pickled pupaccellas



For   Glasses Jars of 1 litre

Ingredients

6 pupaccellas
6 bay leaves
2 tablespoons salt
1/2 teaspoon fennel seeds
4 cloves garlic
water and white wine vinegar

Method

Wash thoroughly pupaccellas and put them in jars, then add the salt, bay leaves, fennel seeds and garlic with the skin slightly flattened. Finally pour on pupaccellas half part of water and half part of vinegar (you need to each jar about 350 ml of water and 350 ml of vinegar). Tightly close the jars and store in the pantry for 30-40 days before use.

Some Councils

- If you use jars with the tinny lid is better cover it with transparent film because the vinegar will corrode it.
- If you use the vinegar from the supermarket, the proportion of 50% of water and 50% of vinegar is fine, but if you use homemade vinegar and however strong, then it is best to put a 35% of vinegar and 65% of water.
- Once the pupaccellas is covered with vinegar and water, they tend to float to the surface, then make sure they are well immersed in the liquid, stopping for example with wooden toothpicks.