

Our State eats

From the archives of The State

North Carolina Watermelon Rind Pickles

From the July 7, 1951, issue

Recipe by Mrs. Curtis Wrike

- 5 pounds watermelon rind
(about equal to the rind of
one average-size melon)
- 5 pounds sugar
- ½ gallon vinegar
- Spices to taste (cloves, all-spice,
cinnamon, etc.)

Peel rind and cut into desired shapes. Soak overnight in water which has 1 bottle of Lily's Slaked Lime dissolved in it. The next morning, wash rind in cold water and boil 5 minutes in fresh water. Pour off and repeat this same process twice. Drain well and boil in syrup made of the sugar, vinegar, and spices until rind is translucent. Pack in jars, pour over the syrup, and seal.

Pepper Relish

From the September 1975 issue

Recipe by Mrs. John M. Cannon

Yield: 12 pints.

- 16 red peppers, ripe and sweet
- 8 green peppers
- 12 onions
- 2 cups vinegar
- 2 cups sugar
- 3 tablespoons salt

Remove seeds from peppers. Grind with onions. Cover with boiling water and let stand 5 minutes. Drain. Add vinegar, sugar, and salt and boil 5 minutes. Pour into hot jars and seal.

Easy Pickled Green Beans

From the August 1998 issue

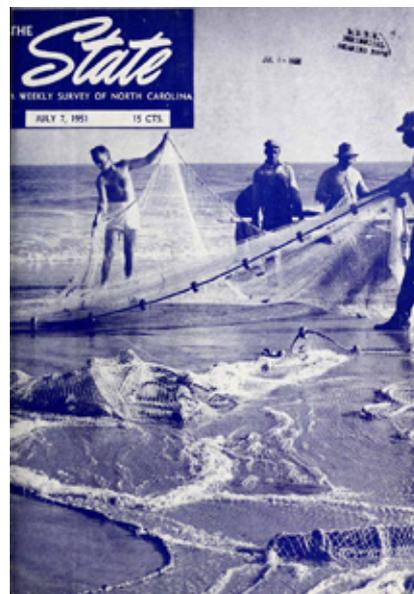
Recipe by Eleanor Hinton

Yield: 3 pints.

- 2 pounds green beans,
strings removed
- 1¾ cups vinegar
- 1½ cups water
- ¾ cup sugar
- 4 teaspoons pickling salt
- 1 tablespoon mustard seeds
- 1 tablespoon peppercorns
- 1 (3-inch) cinnamon stick
- 2 cloves garlic
- 3 medium onions

If desired, cut beans into 2-inch pieces. Cook in salted water until tender. Combine vinegar with water, sugar, and salt in a large pot. Add mustard seeds, peppercorns, cinnamon stick, and garlic tied in cheesecloth bag. Add onions and beans to pot. Bring to a boil, simmer 15 minutes, and remove spice bag.

Continue cooking while quickly packing one sterilized hot jar at a time. Fill to within ½ inch of top, making sure vinegar covers beans. Cap each jar at once. Process in a boiling water bath for 5 minutes.



Canned Spiced Peaches

From the July 12, 1958, issue

Recipe by Carol Dare

Yield: 6 pints.

- 4 quarts small, firm peaches
- 5 cups brown sugar
- 2 cups vinegar
- 2 cinnamon sticks
- 2 tablespoons whole cloves

Cook sugar, vinegar, and spices for 20 minutes. Drop in whole peaches, a few at a time, and cook until tender. Pack into hot, sterilized jars, adding remaining syrup to within ½ inch of top, and seal.

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