



## PICKLED MIRLITON CAJUN STYLE

**Prep Time:** 1 Hour

**Yields:** 12 (1-pint) Jars

### **Ingredients:**

18 large mirlitons, peeled  
1 (3-ounce) bag dry crab boil seasoning  
2 quarts rice wine vinegar  
1 cup sugar  
1 tbsp salt  
36 bay leaves, divided  
4 heads fresh garlic, peeled and divided  
¼ pound dried whole cayenne peppers, divided

### **Method:**

Slice mirlitons lengthwise, carve out seeds and discard. Cut mirlitons into ¼-inch thick, French fry-style sticks. Set aside. In a large stockpot over high heat, add crab boil, rice wine vinegar, sugar and salt then bring to a rolling boil, stirring constantly to dissolve sugar. Add sliced mirlitons then return to a boil. Reduce to simmer and cook 5 minutes or until mirlitons are slightly tender on the outside yet crisp on the inside. Using a slotted spoon, carefully remove mirlitons from pickling juice and set aside, reserving juice. Using tongs, pack mirliton sticks lengthwise into 12 (1-pint), sterilized glass jars. Evenly divide bay leaves, garlic cloves, cayenne peppers and pickling juice among jars. If more liquid is needed, add equal parts of water and white vinegar to submerge mirliton sticks. Seal tight and allow to cool. Let stand for a minimum of 1 week before serving.