

Pickled Carrot Salad (aka Copper Penny Salad)

Derris Lund

Notes:

Make at least a week before you require the salad. However, it gets better with age bottle and refrigerate for up to 2 months.

This recipe is for 1kg of carrots, however, you can halve or double up on the quantities as you wish, just keep the proportions correct.

Vegetable Ingredients & Method

1kg carrots - peel and cut into rings
Sufficient water to cover carrots

Cook the carrots to just underdone - drain and set aside

2 medium sized green peppers (capsicum) - thinly sliced (remove white pith)
2 medium sized onions - thinly sliced
100ml oil

Lightly fry the peppers and onions to just underdone - set aside

Sauce

1 tin (approx. 400ml) tomato soup (I used Campbell's Concentrate)
250ml sugar
200ml white vinegar
125ml water
20ml Worcestershire sauce
10ml mustard powder
Salt & pepper to taste

Place all ingredients in a saucepan, stir until sugar has dissolved. Bring to the boil.

Remove from the heat, add carrots, peppers and onions

Give a light stir

Bottle in sterilised jars - while hot

Refrigerate - will keep for a few weeks