



COWBOY CANDIED JALAPENOS

Ingredients

- 1 lb jalapeno peppers (red or green or a combination)
- 1 C apple cider vinegar
- 1 ½ C granulated sugar
- 1 tsp kosher salt



PREP TIME
10 MIN



TOTAL TIME
40 MIN



SERVINGS
2 1/2 PINTS

Instructions

Wash jalapenos. Cut off stems and discard

Cut peppers into ¼ inch thick coins. If there is a lot of pith, remove and discard.

In a medium sauce pan, **combine** vinegar, sugar and salt.

Bring to boil over high heat, stirring until the sugar is dissolved - 3-4 minutes

Add jalapenos and return to boil.

Reduce heat and simmer until the peppers look glossy - 5-6 minutes

Using a slotted spoon **transfer** the jalapenos to hot jars.

Bring liquid back to boil and simmer until it is syrupy and reduced to 1 ½ C - 8-10 minutes.

Pour syrup over the jarred jalapenos, leaving ½ inch head space. Use a skewer to release any air bubbles from the jars.

Clean rims and threads of jar, place flats and rings on jars and process for 10 minutes in a boiling water bath.

Cool, label & date. Store. Once opened will keep about 6 weeks in the refrigerator.

Use this recipe in combination with cream cheese spread for an Hors d'oeuvres plate, tapas or a quick snack. I use ½ pint jars, but you should size your jar according to your consumption needs. This recipe can be doubled. I would suggest decreasing the sugar by ½ Cup.

Comments

Flavor option - add 1 tsp of pickling spice - this will add a "tangy, not hot" flavor profile that cuts through the acidity of vinegar. Since the spices are generally left whole, they slowly infuse liquids with notes of cinnamon, clove, ginger, and cardamom.

Jalapeños contain capsaicin, the compound that makes them hot. It can:

- Cause a burning sensation on your skin
- Stay on your hands even after washing
- Transfer easily to sensitive areas (eyes, nose, face)
- May experience sniffing or coughing when handling - ventilate your space

Safety tips

- Wear disposable gloves when cutting or deseeding.
- If you don't have gloves, wash hands thoroughly with dish soap (it cuts oils better than hand soap).
- Avoid touching your face, eyes, or nose.
- Clean under fingernails thoroughly.

Use red and green jalapenos for a more colorful presentation. Always use gloves when processing hot peppers as the capsicum can cause burning.

I use a Stainless Steel Hand Bar - this eliminates odors (onions & garlic) and the burning sensation from working with peppers.