

# Pickled Capsicums

## Ingredients

Vinegar, 1/4 oz. of pounded mace, and 1/4 oz. of grated nutmeg, to each quart; brine.

## Method

Gather the pods with the stalks on, before they turn red; slit them down the side with a small-pointed knife, and remove the seeds only; put them in a strong brine for 3 days, changing it every morning; then take them out, lay them on a cloth, with another one over them, until they are perfectly free from moisture. Boil sufficient vinegar to cover them, with mace and nutmeg in the above proportions; put the pods in a jar, pour over the vinegar when cold, and exclude them from the air by means of a wet bladder tied over. CAYENNE VINEGAR, or ESSENCE OF CAYENNE.

*Source: Mrs Beeton's Book of Household Management (1861)*

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