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Polish Pickled Peppers

Ingredients

2 red bell peppers
2 yellow bell peppers
1 garlic bulb (whole pods)
6 green chilies
15 bay leaves
1 tsp pepper corns
1 tsp salt
1 tsp sugar
2 tsp mustard seeds
1 cup vinegar
3 cups water (just for the pickling)

Preparation

1. After deseeding the peppers, wash and cut into 8 pieces (per pepper) and cut it as you like. You can even half each pepper piece to increase the quantity.
2. In a pot, allow water to boil (half the pot) on a high flame.
3. Dump the peppers into the boiling water and leave it for two minutes. Then strain the peppers from the water and allow it to cool off for a bit.
4. Once again, in the pot, pour in the vinegar and water. Add in the rest of the ingredients – garlic pods, green chilies, bay leaves, pepper corns, salt, sugar and the mustard seeds – and leave to boil for 5 minutes. Let everything in the pot infuse to bring about the zesty flavour.
5. Then put the peppers in a glass jar and pour in the liquid and ingredients from the pot into the jar. Fill it right till the top. Then seal the jar with the lid, and ensure its very tightly shut before turning the jar upside down and leaving it to rest.
6. You can make two bottles with this recipe and make sure to store the jars in a cool place or in the refrigerator after the jar has cooled off.
7. The Polish Pickled Peppers can be eaten the next day (if you can't wait for 4 days as required).

Cooks Note

- A variety of peppers can be used...and you can add onions to the pickle pot as well
- Ensure you increase the vinegar and water parts accordingly when you double or triple the quantity (this recipe follows 1 part vinegar (250ml) to 3 parts (750ml