



Dive into a burst of Mediterranean flavors with our tantalizing Giardiniera recipe, where a vibrant medley of crisp vegetables dances in a symphony of tangy vinegar and aromatic herbs. Each crunchy bite is a journey through sun-kissed gardens, bringing zesty joy to every dish it graces.

Enjoy this recipe from our Cooking Class at La Cocina Que Canta Executive Chef Reyna Venegas.

Yield two 16-oz jars.

1 fennel bulb, sliced
1 parsnip, sliced or julienned
1 carrot, sliced or julienned
1 celery stalk, sliced or julienned
1 small head cauliflower, cut into small florets
¼ cup sea salt
water
1 clove garlic, slivered
2 teaspoons dried oregano
½ teaspoon red pepper flakes
¼ teaspoon fennel seeds
½ teaspoon crushed black peppercorns
¾ cup white or apple cider vinegar
½ cup extra virgin olive oil

Step 1: Sterilize your jars.

In a large pot, bring water to a boil and place the jars and lids inside to cook for 10 minutes. Remove them from the hot water with the help of a pair of canning tongs and put them upside down on a clean cloth until cool.

Step 2: Salt the vegetables.

Using your hands, mix the vegetables and salt in a large bowl until well combined. Cover the vegetables with water. Cover the bowl and allow the mixture to sit, unrefrigerated, for 8 to 12 hours.

¡Buen Provecho!

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Step 3: Drain the vegetables.

Drain the vegetables and rinse thoroughly.

Step 4: Prepare the dressing.

In one sterilized jar, combine the garlic and all the herbs and spices; add the vinegar and oil and shake well to emulsify the dressing. Pour half the dressing into the other jar.

Step 4: Store the vegetables.

Pack the vegetables into the jars. If vegetables are not completely coated, make and add more dressing. Tighten lids onto jars and refrigerate. Allow the mixture to mellow for a couple of days before serving.

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