



Cinnamon and Peppercorn Pickled Grapes

20'
Hands on

8 hours'
Hands off

1 jar
Portion(s)

1
Difficulty



Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Wash and drain the grapes and carefully remove them from the stem or cut them into smaller bunches.
- Place the grapes in hermetic glass jar.
- Combine the rest of the ingredients in a pot. Place them over medium heat and bring to a boil.
- Pour the hot liquid over the grapes in the jar and seal.
- Refrigerate jar for 8 hours or overnight.
- Serve cold.

Ingredients

- 360 g grapes, seedless
- 180 ml vinegar, of white wine
- 180 g granulated sugar
- 1 1/2 teaspoon(s) mustard seeds
- 1 teaspoon(s) pepper, black
- 1 stick(s) cinnamon, cut in half
- 1/4 teaspoon(s) salt

Διατροφικός πίνακας

Nutrition information per 100 gr.

146 Calories (kcal)	0.41 Total Fat (g)	0.06 Saturated Fat (g)	33.0 Total Carbs (g)
7%	1%	0%	13%
33.0 Sugars (g)	0.64 Protein (g)	0.68 Fibre (g)	0.15 Sodium (g)
37%	1%	3%	2%