

An old recipe for Pickle Beans

From Verna's Mum

2 lb (1 kg) sliced green beans

2 lb (1 kg) chopped onions

1 1/2 tablespoons of flour,

1 1/2 tablespoons of sugar

1 1/2 tablespoons of mustard

2 quarts (2.3 litres) vinegar

Keep a little vinegar aside to mix with the flour, sugar and mustard

1 1/2 dessertspoons of turmeric

- **Boil nearly all the vinegar**
- **Put in beans and onions when coming to the boil**
- **Have flour, sugar, mustard and turmeric with the rest of the vinegar and stir into the pickles whilst on the fire**
- **Boil for 15 minutes**