



No-Sugar Added Cantaloupe Pickles

- 6 pounds of 1-inch cantaloupe cubes (about 3 medium under-ripe* cantaloupe)
- 1 teaspoon crushed red pepper flakes
- 2 one-inch cinnamon sticks
- 2 teaspoons ground cloves
- 1 teaspoon ground ginger
- 4½ cups cider vinegar (5%)
- 2 cups water
- 3 cups Splenda®

*Select cantaloupe that are full size but almost fully green and firm to the touch in all areas including the stem area.

Yield: About 4 pint jars

Day One

1. Wash cantaloupe and cut into halves; remove seeds. Cut into 1 inch slices and peel. Cut strips of flesh into 1 inch cubes. Weight out 6 pounds of pieces and place in large glass bowl.
2. Place red pepper flakes, cinnamon sticks, cloves and ginger in a spice bag and tie the ends firmly. Combine vinegar and water in a 4-quart stockpot. Bring to a boil, then turn heat off. Add spice bag to the vinegar-water mixture, and let steep for 5 minutes, stirring occasionally.
3. Pour hot vinegar solution and spice bag over melon pieces in the bowl. Cover with a food-grade plastic lid or wrap and let stand overnight in the refrigerator (about 18 hours).

Day Two

4. Wash and rinse pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.

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5. Carefully pour off vinegar solution into a large 8 to 10 quart saucepan and bring to a boil. Add Splenda®; stir to dissolve. Add cantaloupe and bring back to a boil. Lower heat to simmer until cantaloupe pieces turn translucent; about 1 to 1¼ hours.
6. Remove cantaloupe pieces into a medium-sized stockpot, cover and set aside. Bring remaining liquid to a boil and boil an additional 5 minutes. Return cantaloupe to the liquid syrup, and bring back to a boil.
7. With a slotted spoon, fill hot cantaloupe pieces into clean, hot pint jars, leaving 1-inch headspace. Cover with boiling hot syrup, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.
8. Process in a boiling water canner according to the recommendations in Table 1. Let cool, undisturbed, 12-24 hours and check for seals.

Table 1. Recommended process time for Cantaloupe Pickles in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Pints	15 min	20 min	25 min

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