



Preparation of spicy pickles from pejibaye palm hearts

Pejibaye palm hearts may be used to prepare several recipes, among which spicy pickles. The following is a recipe developed and validated by MSIRI

Ingredients for three 200 g jars

• Hearts of palm	– 500 g edible portion	• Freshly cleaned green chillies	– 10 g
• Salt	– 6 g	• Freshly peeled garlic	– 7 g
• Vinegar	– 10 ml	• Freshly peeled ginger	– 3 g
• Oil	– 110 ml	• Freshly peeled turmeric	– 20 g
• Ascorbic acid	– 0.3 g	• Mustard seeds	– 12 g
• Citric acid	– 3.5 g		

Procedure

- 1 Grind spices separately, keep aside
- 2 Sterilize jars and lids in boiling water for 20 minutes, meanwhile follow steps 3 to 7
- 3 Open palm crownshafts and cut the edible portion in 2 mm slices
- 4 Soak slices in 1 litre of solution containing 0.3 g ascorbic acid and 3.5 g citric acid
- 5 Drain palm heart slices after 5 minutes
- 6 Add oil to ground spices to make a paste and then mix in palm slices well
- 7 Fill pre-sterilized jars with pickle and close the lids halfway
- 8 Sterilize jars with pickle in boiling water for 14 minutes. Then seal lids while still hot
- 9 Keep jars for 2 weeks for stabilization before consumption

