

Low FODMAP Cowboy Candy / Non-Canning Version

IBS Friendly Gluten-Free Dairy-Free Vegan Vegetarian Low FODMAP

Slice fresh jalapeño peppers into rounds, infuse them in a simple syrup and you've got candied jalapeños a.k.a. Cowboy Candy! It's a quick and easy snack, dessert topping, and some of us like to top our burgers with these herbaceous flavor bombs. Some recipes call for garlic powder, chives and celery seeds. I prefer this sweet sugary version with a little vinegar tanginess. It's perfect for –

- 1 – Eating them straight up like a cowboy
- 2 – Topping low FODMAP lactose-free vanilla ice cream
- 3 – Topping low FODMAP lactose-free cheesecake
- 4 – As a peppery sweetener for low FODMAP margaritas or lemonade

At the time of this writing, Monash has tested jalapeños to be a high FODMAP food, however, there is a low FODMAP serving size of 1 very small (1-ounce / 30 g) pepper per person. That's plenty for snacking and topping desserts.

You will need a (12-ounce / 355 ml) mason jar with lid, or a heatproof jar with lid. This recipe calls for at least 4 hours in the fridge for the jalapeños to infuse with the syrup, but I find that overnight produces a more intense flavor.

12 small jalapeños will yield approx. 144 (1/4-inch thick) sliced rounds.

Let's FODify It!

18 servings: 8 Cowboy Candy rounds per person

INGREDIENTS:

12 small (1-ounce / 30 g each) mild, fresh jalapeño peppers

1/3 cup (80 ml) distilled white vinegar

1 cup (200 g) granulated sugar

1/8 tsp salt

METHOD:

Wear gloves as you work with the jalapeños. Rinse them under cool water. Place on a cutting board. Cut off the stems, a bit off the tops, 1/4-inch off the bottom tips, and discard. Slice them into 1/4-inch (.64 cm) thick rounds. About 12 slices per jalapeño.

Jalapeños are not as hot as Serranos, and are considered to be a medium-heat pepper. If you prefer and are able to tolerate a spicy* hit of jalapeño, leave the seeds and white

membrane rib in. Or, remove them by shaking away the seeds and cutting the ribs away with a paring knife for a milder Cowboy Candy. (A jalapeño corer tool also works well).

Add the vinegar, sugar and salt to a medium sized saucepan over medium high heat. Bring to a boil, stirring often. Boil and stir for 3 minutes or until the sugar has completely dissolved.

Add the jalapeño rounds. Stir and boil for 1 minute. Reduce to low and simmer, uncovered, for 6 minutes. Stir often. Use a slotted spoon to transfer them to the mason jar.

Bring the pan liquid back to a medium high boil and stir for 6 to 8 minutes or until it reduces to a pancake syrup consistency. Carefully pour the syrup into the mason jar to cover the candied peppers. Wipe the rim and sides of the jar with a warm, damp cloth to remove sticky spots. Secure the lid and allow to cool to room temperature. Let infuse in the fridge for 4 hours to overnight.

My family eats them like candy straight from the jar. I like to top them over low FODMAP lactose-free ice cream for a lovely balance of peppery kick with creamy cold vanilla. Topping low FODMAP vanilla or lime cheesecake pairs deliciously, as well as LoFO margaritas or lemonade using the syrup in place of maple syrup to sweeten, and the candy as well.

Cowboy Candy will last up to 2 weeks in the fridge.

**Monash Note: Although chiles (chillies) are generally low in FODMAPs, some people with IBS may be sensitive to the capsaicin they contain. Capsaicin is a natural compound that gives chiles their spicy quality. You may need to limit how much you eat if your IBS symptoms are triggered by spicy food.*



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