

QUICK FRIDGE PICKLES



1. Prepare your veggies.

Thinly Slice: cucumbers, carrots, hakurei turnips, radishes, summer squash, onion, beets, kohlrabi, fennel

Cut into spears: carrots, cucumbers

Minimally cut: garlic scapes, cauliflower and broccoli florets

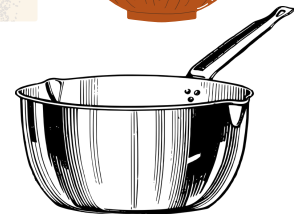
Blanch: green beans (optional, but helps preserve their color)



2. Make your brine.

Equal parts vinegar (white or apple cider) and water; 1 Tbs. salt per 2 cups liquid. (Add 1/4 cup sugar and less salt for sweet brine).

Place the vinegar, water, salt, and sugar (if using) in a saucepan over high heat. Bring to a boil, stirring to dissolve the salt and sugar.



3. Put seasonings in jar.

Fresh herbs (dill, thyme, oregano, rosemary, tarragon, cilantro), dried herbs, garlic cloves, fresh ginger root slices, orange or lemon peels, whole hot peppers, whole spices (mustard, dill, celery or fennel seeds, peppercorns, coriander), ground spices (turmeric, smoked paprika).

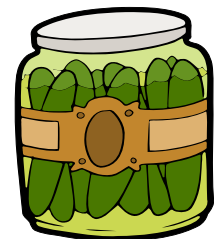


4. Pour brine over veggies in jar.

Pack veggies into jar. Pour the hot brine over the packed vegetables, filling each jar to within 1/2 inch of the top. You might not use all the brine.

5. Cool and refrigerate.

Let the jars cool to room temperature. Store the pickles in the refrigerator. The pickles will improve with flavor as they age — try to wait at least 48 hours before enjoying. Pickles will keep in the fridge for a month.



dill pickles: Ingredients (divide amongst 2 pint jars): 1 quart kirby cucumbers (approx. 1 1/2 pounds); 2 tsp. dill seed; 4 garlic cloves, peeled; 2 spring onions (whites only), chopped. Brine: 3/4 cup apple cider vinegar, 3/4 cup filtered water, 2 tsp. sea salt. Source: Foodinjars.com