

# Your Guide To Easy Pickling

## Pick Your Veggie:

Cukes: gherkins, whole; Kirby, whole or cut into chips or spears

Green beans: cleaned, stems removed & blanched

Carrots: peeled, cleaned and cut into chips

Eggplant: peeled and roughly diced or sliced into thin strips

Asparagus: woody stems removed & lightly peeled, blanched

Peppers: cleaned, blanched (optional)

Cherry tomatoes, cleaned, left whole

Red onion: peeled & thinly sliced

Garlic: peeled, left whole

## Pick Your Vinegar:

- White vinegar
- Apple cider vinegar
- Sherry vinegar
- Champagne vinegar
- Rice wine vinegar

## Pick Your Herbs & Spices:

Fresh dill, rosemary, sage, thyme

Fresh garlic, lemon, ginger slices

Dried dill weed, oregano, marjoram, rosemary, thyme

Whole peppercorns, coriander, mustard seed & red pepper flakes

## Create Your Brine (makes enough for 2 pints):

- 1 1/2 Cups of vinegar
- 1 1/2 Cups of water
- 1 Tablespoon each kosher salt (or pickling salt) & granulated sugar (opt.)

Combine all ingredients in a large saucepan. Bring to a boil over high heat, stirring until salt & sugar is dissolved. Remove from heat.

## Jar Your Veggies:

- Add the herbs & spices you are using to a thoroughly clean glass jar (with metal lid).
- Pack the veggies into the jar tightly; leave a 1/2" gap between lid & veggies.
- Pour brining liquid over veggies, again leaving a 1/2" gap between lid & veggies.
- Tap jar gently to remove any air bubbles. Add more brine if necessary.
- Seal the jars and let cool to room temperature before refrigerating.