

# Pickles

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How to simply pickle food

# Why pickle food?

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## Preserving food

- Making food last longer is the goal of pickling food. The ingredients used in pickling preserves safe bacteria and kills off bad bacteria, making food safe to eat for longer periods of time.

## Salt

- In a nutshell, using the right ratio of salt in fermentation encourages the growth of healthy bacteria, while at the same time kills off bad bacteria. You want to be precise when measuring the salt and water in these kinds of recipes.
- Too much salt may kill off ALL of the bacteria - preventing fermentation. A 3 % saltwater brine, which is considered “safe” equals 7 grams of salt per one cup of water. Use fine, unprocessed salt (sea salt) and unchlorinated, filtered water for best results.

# Different types of Pickled Foods

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- Cucumbers
- Onions
- Beets
- Eggs
- Cabbage (sauerkraut)
- Different Vegetables

# Ingredients needed for Pickling

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- Fresh, clean vegetables
- Vinegar (White, Apple Cider)
- Water
- Spices/herbs (Dill , Black Peppercorns, Garlic, Red pepper flakes, Whole Mustard seed, Pickling salt, Vidalia onion, Sugar)
- Clean sanitized containers with lids

# Refrigerator Pickles

Makes 1 pint

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## Ingredients

- 3 pickling cucumbers, each about 4 inches in length, sliced evenly
- 1/4 cup Vidalia onion, sliced
- 3-5 sprigs fresh dill weed
- 1/2 cup apple cider vinegar
- 1/2 cup water
- 2 cloves garlic, smashed
- 1 1/2 teaspoons pickling salt, or kosher salt
- 1/4 teaspoon granulated sugar
- 1/4 teaspoon whole black peppercorns
- 1/4 teaspoon whole yellow mustard seeds
- Pinch crushed red pepper flakes
- Optional- 1 tsp sugar

## Instructions

- Pack a clean pint-sized jar with sliced cucumbers, onion slices, and dill sprigs. Leave a 1/2 inch of space at the top of the jar for liquid.
- In a small pot heat the vinegar, water, garlic, and all spices until the mixture comes to a simmer and salt and sugar dissolve.
- Cool the brine down to warm and fill the jar so everything is covered with brine.
- Close the lid tightly and refrigerate for 24 hours before eating.

## How long can you store pickled vegetables?

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- Refrigerated pickled vegetables are good for up to 2 months.
- Commercially canned vegetables in vinegar are good (unopened) up to 2 years past best by date
- If lids are bulging or product has an off smell when opened-or you see mold-toss it.

