



# Pickling

## Preservation with Personality



Bayleaves

Pickling is the process of preserving or extending the shelf life of food by either anaerobic fermentation in brine or immersion in vinegar. The pickling procedure typically affects the food's texture and flavor. The resulting food is called a pickle, or, if named, the name is prefaced with the word "pickled". Foods that are pickled include vegetables, fruits, mushrooms, meats, fish, dairy and eggs.



Dried red pepper flakes

### HISTORY

Pickling with vinegar likely originated in ancient Mesopotamia around 2400 BCE. There is archaeological evidence of cucumbers being pickled in the Tigris Valley in 2030 BCE. Pickling vegetables in vinegar continued to develop in the Middle East region before spreading to the Maghreb, to Sicily and to Spain. From Spain it spread to the Americas. On the other hand, fermented salt pickling reportedly has its origins in China.

Pickling was used as a way to preserve food for out-of-season use and for long journeys, especially by sea. Salt pork and salt beef were common staples for sailors before the days of steam engines. Although the process was invented to preserve foods, pickles are also made and eaten because people enjoy the resulting flavors. Pickling may also improve the nutritional value of food by introducing B vitamins produced by bacteria.



Cumin seed and bay leaves

“Although the process was invented to preserve foods, pickles are also made and eaten because people enjoy the resulting flavors.”



Cloves

**“The pickling procedure typically affects the texture and flavor.”**



Dill herb



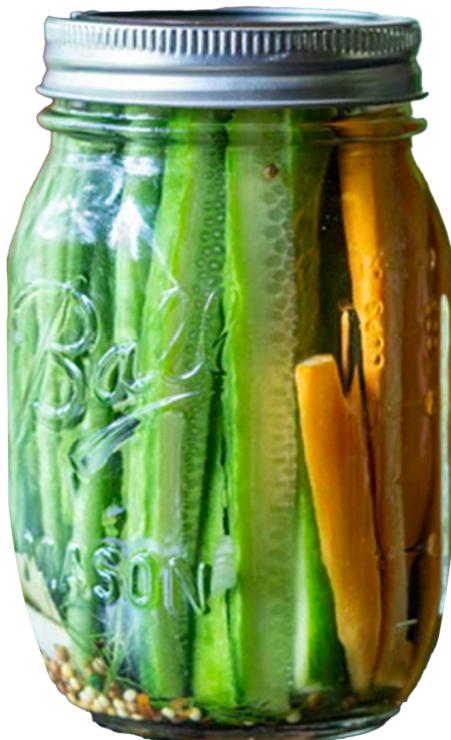
Pickled red onions with vinegar and coriander seeds

## TYPES OF PICKLES



### QUICK PICKLE

In a quick pickle, the brine is made by dissolving sugar and salt in vinegar (the acid) and water. This method is different from fermenting pickles, in which the acid forms over time. Ready in minutes, these pickles are good in the refrigerator for up to two months. They tend to be crispier than canned pickles because they aren't cooked.



### CANNED PICKLE

Canned pickles use a similar brine to quick pickles but are shelf-stable after being sealed in a water bath or pressure cooker. The critical difference between a canned pickle and a quick pickle is the preparation. In addition to the water bath seal, the containers also have a special treatment to kill bacteria. This process allows the canned goods to be stored in a dark place at room temperature for long periods. These pickles are best within six months to a year from canning.



### FERMENTED PICKLE

Fermented pickles are similar to quick pickles, although the acid is created over time as a byproduct of good cultures (also known as bacteria) eating the added and organic sugars. The brine becomes more acidic with a mellow and nuanced flavor as the cultures multiply. Cultures typically need to be fed every few days or weeks. Fermented pickles are good for 9-12 months, provided they are adequately cared for. Vinegar uses two fermentation processes: alcoholic, and acetic acid fermentation.

# Ingredients

Almost anything will pickle!

## BEYOND THE CLASSIC

cucumbers, other fruits and vegetables that work well for pickles include asparagus, beets, bell peppers, blueberries, cauliflower, carrots, cherries, fennel, ginger, grapes, green beans, mushrooms, onions, parsnips, peaches, peppers, radishes, ramps, rhubarb, strawberries, squash, tomatoes, turnips, watermelon. Pickling is best done with super-fresh vegetables. Save the slightly bruised specimens for soups or other forms of preservation. Almost any vegetable can be pickled, and the shape you choose to pickle in is entirely up to you.



## FLAVORING PICKLES

Pickling spice ingredients (usually whole or in coarse pieces) can include allspice, bay leaves, cardamom, cinnamon, cloves, coriander, ginger, mustard seeds, and peppercorns. Herbs are also very important for adding aromatics to your pickles. Sweet ingredients like sugar, juice, and fruit can also be a nice addition to a savory brine. Almost any spice or herb can be incorporated into a pickling mixture. Pickling is about experimentation, there is no wrong way to pickle.

“**Pickling is about experimentation, there is no wrong way to pickle.**”



Add your own flair to your

# Brines

## MASTER BRINE

Master pickle brine calls for just four ingredients: white vinegar, sugar, salt, and water. The white vinegar provides a mild acidity that doesn't impart too much extra flavor on the fruit or vegetable you choose to pickle. A small amount of granulated sugar adds a balanced sweetness you'll love. Kosher salt is preferred for this recipe, because it isn't iodized like table salt. Iodine can impart a distinct flavor to foods like pickles, whereas kosher salt has a clean saltiness that makes these pickles positively perfect.

To make this pickle brine recipe at home, all you need to do is dissolve the sugar and salt into the water and vinegar. Do this by combining all four ingredients in a medium saucepan and bringing to a boil over high heat. Then, simply stir until the sugar and salt have dissolved. Cool 10 minutes off the heat before using to brine the fruit or veg of your choosing.

## OTHER BRINES

### Spicy North Carolina Barbecue Brine

- 1 cup water
- 1 cup apple cider vinegar
- 1-2 Tbsp light brown sugar
- ¾ tsp kosher or sea salt
- Pinch black peppercorns
- 1-2 tsp cayenne
- 1-2 tsp red pepper flakes
- ½ tsp hot sauce
- 1 tsp ketchup (optional)

### Traditional Quick Pickling Brine

- 1 cup water
- 1 cup apple cider vinegar
- 1 Tbsp sugar
- ¾ tsp kosher or sea salt

# Recipes



## Dill Pickles

**FIRST**, slice the cucumbers. I usually make this recipe with Persian cucumbers, but small pickling cucumbers work here too. Slice them lengthwise into quarters to make spears, or thinly slice them horizontally to make dill pickle chips. Then, fill the jars. Divide the cucumbers among 4 8-ounce or 2 16-ounce jars, and add fresh dill, halved garlic cloves, mustard seeds, and peppercorns to each jar of pickles.

**NEXT**, make the brine. I use a mix of water, white vinegar, sugar, and salt. If you're not a sweet pickle person, don't worry! The sugar doesn't actually make the refrigerator pickles sweet. Instead, it balances the pungent vinegar and salt to create an irresistible sour pickle flavor. Heat the brine on the stove until the sugar and salt dissolve and pour it over the jarred cucumbers. Then, set the jars aside to cool to room temperature.

**FINALLY**, chill! This is the hard part! These guys aren't ready right away – they need some time in the fridge to soak up the brine and become really flavorful. Dill pickle chips will be ready in 24 hours, while spears will take at least 48. They'll keep in the fridge for several weeks, and they get better as time goes on. For best flavor, wait about 5 days.

Sure, store bought pickles can be tasty, but these little guys take dill pickles to a whole new level. They're super easy to make (the refrigerator does most of the work for you!), and they taste awesome. They're crisp, tangy, and refreshing, with an addictive garlic-dill flavor. Most often, I eat them as a snack right out of the fridge, but they're delicious on sandwiches and veggie burgers too. If you like dill pickles, you're going to love this recipe.

**They'll keep in the fridge for several weeks, and they get better as time goes on."**



# PICKLED RADISH

Tangy, salty, and delightfully crisp, they're an addictive snack or topping for toast, tacos, bowls, burgers, salads...just about anything you like! This pickled radish recipe is easy to make (the fridge does most of the work for you), and the radishes keep for weeks. I love having a jar on hand for jazzing up all sorts of spring dishes. I think you will too!



## METHOD

First, prep the radishes. Wash the radishes well, trim off the tops, and thinly slice or halve them. If you want to slice the radishes, I recommend using a mandoline. It will make the process go way faster and yield even, paper-thin slices. Divide the radishes among 4 (11.5 ounce) jars, or whatever lidded jars you have.

Then, make the brine. Combine the vinegar, water, sugar, and salt in a small saucepan over medium heat. Stir until the sugar and salt dissolve, about 1 minute. Allow the brine to cool at room temperature before pouring it over the radishes in the jars. Finally, add the peppercorns and mustard seeds, cover the jars, and refrigerate.

## INGREDIENTS

**Radishes**, of course! I call for red radishes here, but other varieties would work well too. Experiment with Easter Egg, watermelon radish, or daikon radish. Whatever you do, don't toss the tops! Learn how to use them here.

**White vinegar and water** – They make up the tangy base of the brine.

**Cane sugar** – It's the perfect sweet complement to the assertive vinegar, making these quick pickles well-balanced and addictive.

**Sea salt** – It helps preserve the radishes and adds necessary salty flavor.

**Whole peppercorns and mustard seeds**

– They add unique depth of flavor to this simple brine.

