

CFG: Pickles

Jeff's AppBooks Network

... Compartmentalizing Anthologies ...

Pickles

Vinegar Pickling - not Salt pickling ...

Preserving with an acid, ph below 4.5 or 4.6, is called pickling. The most familiar acid is acetic acid - or vinegar - though fermentation can produce lactic acid and accomplish a similar effect.

General, distilled white vinegar, for cooking is 5% acetic acid with a ph of 2.5 - hence many recipes cut it with a bit of water.

Some peeps just use vinegar.

50/50 water and vinegar, pickling spice, up to 50% sugar (1 cup vinegar, 1 cup water, 1 cup sugar).

I prefer vastly less sugar - perhaps 1-2 tablespoon per cup of brine

Some peeps use wine or wine vinegar.

Mustard Pickles

Whether mustard pickle pickles, mustard beans or mustard zucchini the process is the same :

→ Salting

The veg part is salted as a pre-step. Some use 100% brine, some 50%, some sprinkle the salt on the veg with no brine. Some is for an hr or two in the fridge and some are for over night in the fridge.

Salting Overnight

Here are some common ratios :

- 12 large cucumbers peeled and sliced, 4 onions chopped, 4 celery stalks chopped, cover with water, add 1/4 cup coarse salt and brine over night.
- 1/2 the above but same 1/4 cup of coarse salt and same 12 hr brining
- 10 cups chopped zucchini, 4 cups chopped onions, cover with water, add 5 tbsp (1/3 cup) of pickling salt, brine over night

Salting for 1 hr

- 12 large cucumbers, sliced, covered in boiling water with 1/2 cup of pickling salt, let stand 1 hr.

→ Drain and Rinse

→ Pack Bottles

Remember to leave head space in jars.

→ Sauce

Remember to leave head space in jars.

Sauces are a variation on a theme :

- 4 cups vinegar
- 4 cups white sugar (*I like less*)
- 2 tbsp dry mustard
- 1 tsp mustard seeds
- 1 tsp celery seeds
- 1 tsp tumeric
- 1/4 cup (4 tbsp) to 1/2 cup (8 tbsp) of flour or 1/2 that in cornstarch

Cook / boil / simmer sauce for 15-30 minutes. Add more or less flour / cornstarch to thicken to desired consistency.

→ Top Up and Can

Because the acid will kill the botulism and it's spores, no pressure canner is needed. A simple boiling water bath for an 15 min is sufficient.

Pickled Fish

The classic is Pickled Herring aka Solomun G(r)undy.

Brining

- Scale, clean and fillet fish. Remove belly fat but don't worry about pin bones - the vinegar will soften and dissolve them.
- Cut into 1 inch pieces, rinse in clean, cold water.
- 100% brine for 12-24 hrs
- Rinse in clean, cold water.

Pickling

- Thinly slice or dice onions.
- Peel (smash) garlic.
- Buy or make pickling spice ().
- 3:1 Vinegar (5%) to Sugar (ie 3 cups of vinegar and 1 cup of sugar).

Mind the 5% - I have screwed that up before. Epicly speaking I ruined 50 lbs of mustard beans by accidentally using 10% vinegar.

Pickled Pike / Pickerel

- 1 L (5%) vinegar
- add 4 tablespoons of salt
- add 5 tablespoons of brown sugar
- add 2 tablespoons of pickling spice
- Boil for 3 min then let cool
- skin and dice fillets - don't sweat the Y bones, the vinegar will dissolve them
- dice onions
- peel and smash garlic
- layers of fish, onion and garlic in a container or jar

330 Maniac (Youtuber) 's Gundy

1. → cleaned, skinned, cubed, pike, pickerel, walleye etc
→ 1 1/2 cup pickling salt (coarse salt), layered with fish to loosely fill a 1 gal glass jar
→ fill void space with 5% distilled vinegar, just cover fish
→ seal (lid), shake well to dissolve salt, shake once a day for 4-5 days
2. → rinse fish, rinse really well, chill the fish while it drains
3. → make brine (50/50) or 1 cup either way for sweetness ... ie 7 cups sugar to 8 cups vinegar or the reverse
→ add pickling spice to taste
→ add sweet white wine to taste (1/3 to 1/2 cup)
→ simmer to dissolve ... then chill
4. → pack jars with layers of chilled, brined, drained, fish ... layers of onion, peppers (hot or not), lemon wedges
→ fill voids with chilled brine, cover last layer
5. → seal (lid) and age in fridge for 4-5 days
→ will keep for 6 months