

# Pickling - Vinegar Standard No. 01

## **INGREDIENTS**

3 1/2 lbs product to pickle (approx, between 3 and 4)

sea salt or kosher salt with no additives

20 cloves

4 star anise

20-50 white peppercorns

20-50 black peppercorns

3-5 whole cinnamon sticks

2 bay leaves

1 T coriander - toasted

1 T fennel - toasted

1 T caraway - toasted

liquid to cover product - half cider vinegar, half white wine vinegar, plus 1 qt water - to find this out take your product in the pot, add water until covered and then pour off into measured container - subtract 1 qt of water and liquid left is vinegar amount.

## **INSTRUCTIONS**

- Place product in 3% salt brine over night. Rinse the next day.
- Toast 3 mentioned spices in saute pan for a few minutes then add to muslin spice bag or other style cheesecloth pouch.
- Put spice bag into large pot with all other spices adding 1 qt of water and vinegars and bring to a boil
- Add product to pot and keep on heat for 10 minutes - your product should be cut up into the fashion in which you plan to use it - diced, julienned, big sticks, whole, etc.
- Remove from the heat and place into sterilized jars and seal lid.

Providing clean technique the product will most likely last at room temp for 1-2 yrs. Flavor improves after resting for one month. If you are uncertain about how sterile was the process then put it into the fridge where it will be good for several weeks, maybe even a few months. Flavor improves with age even in the fridge.

This recipe works great on the Onion family - garlic, onion, shallots, leeks, scallions, ramps, chives. Once you have learned the taste for chosen ingredients you will notice how small changes affect the pickle. It is nice to add some sweetness when looking for variation - use straight sugar, fruit juice or honey in an amount equal to by weight of one of the vinegars.

# Giardiniera

## **INGREDIENTS** - yields 1 bucket

3 red bell peppers  
3 yellow bell peppers  
9 jalapeno peppers, remove seeds and slice  
6 stalks of celery - cut on a bias  
2 carrots - cut on a bias or julienned  
1 head of cauliflower - broken down to florets  
3/4 cup of salt (sea salt preferred, or kosher with no additives)

-Cut up all veg and place in non-reactive container. Add salt and water to cover, placing in the refrigerator overnight.

-Next day, drain vegetables and rinse

-Mix with remaining ingredients listed below being sure vegetables are covered and store in the refrigerator. Vegetable medley will be good for weeks, coming into it's own around week 2.

## **REMAINING INGREDIENTS**

1 cup of olives, whichever variety preferred  
6 cloves of garlic  
3 T of dried oregano  
1 T of dried red chili flakes  
2 t of black pepper  
3 cups of white wine vinegar  
3 cups of olive oil

There are many different vegetables to add to this and have it turn out similar or even more interesting. This should be used as a method for preserving whatever is left after a run through the garden. Plan out your dishes for the week and then dump all the extras into this.

Tomatoes, string beans, radish, chioggia and golden beets, melons rinds, cabbage, daikons, asparagus. Just be aware if the vegetable will stain all the other vegetables (not that this would be bad) or would end up not crisp enough. The combination of the salt and acid will help firm up most vegetables but somethings can become mealy. For example the inner meat of a super ripe melon or tomato.

# Quick Pickling

\*The following pickles keep well in the refrigerator for weeks

## **INGREDIENTS** - yield 2 qts **PICKLED RED ONIONS**

3 red onions - julienned  
1 1/2 cups of water  
3/4 cup white wine vinegar  
1/4 cup of sugar  
1/4 cup of sea salt or kosher salt with no additives  
3 garlic cloves  
6 peppercorns - any variety  
4 sprigs of fresh thyme

Bring all ingredients except onions to a boil.  
Add onions and return to a boil and then remove from heat

## **INGREDIENTS** - yield 2 qts **PICKLED CARROTS**

8 carrots cut into sticks 3 x 1/2 x 1/2 inch  
1 qt of white wine vinegar  
3 cups of sugar  
1/4 cup of kosher salt  
2 bay leaves  
1 tsp of hot pepper flakes

Bring all ingredients except onions to a boil.  
Add onions and return to a boil and then remove from heat

## **INGREDIENTS** - yield 2 qts **BEET RELISH**

6 beets - no greens  
1 qt red wine vinegar  
1 T sea salt or kosher salt with no additives  
zest of one organic orange  
3 T of chopped parsley  
extra virgin olive oil

Place beets in pot and pour vinegar over to cover, may add water to help cover. Bring to a boil and simmer until beets are tender to pierce of a fork - about 1 hour.

Cool and use towel to rub off beet skins. Julienne beets and toss with remaining ingredients. Season to taste with salt and white pepper.

# Pickled Red Cabbage

## **INGREDIENTS**

1 head of red cabbage - shredded  
1 qt of red wine vinegar  
2 jalapenos - roughly chopped  
1/4 cup honey  
2-3 cups of sea salt or kosher salt with no additives

-Shred the cabbage on a slicer or with your chef knife and toss with lots of salt and pack into a non-reactive container over night.

-The next day rinse well and drain. This pre-salt pulls moisture from the cabbage and ensures a nice crisp crunch and also makes unpleasant time for bacteria.

-Combine cabbage, vinegar and honey and bring to a boil.

-Remove from the heat and mix in jalapenos.

-Pack into glass or plastic container and keep in fridge ensuring cabbage is submerged under liquid. Add more vinegar if necessary. This will keep for months. If texture becomes undesirable you can use in a purple coleslaw or fine chop into a relish adding a bit more honey.

## **Pickling Resources**

### **Web**

<http://canningsupply.com>

<http://en.wikipedia.org/wiki/Pickling>

[http://www.uga.edu/nchfp/how/can6b\\_pickle.html](http://www.uga.edu/nchfp/how/can6b_pickle.html)

<http://en.wikipedia.org/wiki/Salt>

### **Books**

Canning for a New Generation: Bold, Fresh Flavors for the Modern Pantry  
Liana Krissoff (Author)

Preserving Food without Freezing or Canning: Traditional Techniques Using Salt, Oil, Sugar, Alcohol, Vinegar, Drying, Cold Storage, and Lactic Fermentation

[The Gardeners and Farmers of Centre Terre Vivante \(Authors\)](#) French Magazine

Fermentation and Food Safety

Martin Adams (Author) expensive industrial textbook