

Quick Pickled Vegetables

Yield four 16-oz jar

Ingredients

- 4 16 ounce canning jars
- 2 ó pounds of assorted seasonal vegetables, trimmed, and peeled
- 1 ó ounces ginger, peeled and sliced
- 2 garlic cloves, peeled and sliced
- 1 teaspoon peppercorns or seeds (cumin, fennel, coriander, or mustard)
- 4 dried red chiles
- 2 cups vinegar
- 2 cups water
- 2 inch- piece kombu seaweed or shiitake mushroom
- ó cup brown sugar
- 3 tablespoons sea salt
- 1 orange peel
- 6 springs of thyme, dill, and bay leaf

Method

1. In a large pot bring water to boil and lace the jars and lids to boil for 10 minutes. Remove with the help of a pair of canning tongs and place upside down on a clean cloth until cool.
2. Slice the vegetables into bite-size pieces. Root vegetables should be blanched first for 1 minute before placing in jars. Pack the vegetables and herbs in the sterilized jars tightly.
3. Combine the ginger, garlic, peppercorns, chiles, vinegar, water, kombu, sugar, salt, thyme, dill and bay leaf along with the citrus peel in a medium saucepan and bring to a boil. Stir until sugar and salt dissolve.
4. Pour the hot brine over the vegetables in the sterilized jars. Let cool, then seal the jars and refrigerate. You can start eating the pickles after 1 day. They will keep refrigerated for up to 3 weeks.

¡Buen Provecho!

from the Culinary Team at Rancho La Puerta

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