

# Pickling



**PLENTY**

SUPPORTED BY BNY MELLON/THE ALICE P. CHASE TRUST



Pickling is a great way to extend the life of many crisp, seasonal vegetables (and even some fruits!).

## What to pickle

Many firm, crisp vegetables can be pickled: cucumbers, radishes, cabbage, carrots, green beans, beets, peppers, onions, and more.



## Types of pickles

While pickles can be fermented or canned, the easiest way to pickle is in the fridge with a simple vinegar brine. Check out the recipe on the other side of this card.



Even some fruits can be pickled: peaches, cherries, apples, and watermelon rind make tasty pickled snacks.

# Fridge Dill Pickles

## INGREDIENTS

8 larger or to 10 smaller firm Kirby (pickling) cucumbers\*

3 tbsp kosher, coarse or pickling salt (table salt will not work!)

1 to 2 tbsp chopped fresh dill

1/2 c white vinegar

## DIRECTIONS

- Slice cucumbers very thin. Place them in a 1-liter (or equivalent) lidded jar. Add 3 teaspoons salt and dill, then pour in white vinegar. Close the jar and shake it to distribute the ingredients.



- The liquid level in the jar may seem too low, as it is well below the pickle pile line, but don't fret! Within an hour or two, the salt will draw the moisture from the cucumbers and wilt them, while the liquid becomes a perfectly balanced pickle brine.
- You can eat them as little as 1 to 2 hours later, but they become ideal at 6 to 8 hours. They'll keep in the fridge, submerged in their brine, for 3 weeks.

\*Don't be afraid to use other crisp vegetables which you may have on hand, most can be mixed and matched in the jar.

Source: [smittenkitchen.com/](http://smittenkitchen.com/)