



# ENVIRO WEEK

# HOW TO PICKLE FOOD



## INGREDIENTS

Vinegar  
Water  
Sugar  
Kosher Salt

*Scale quantities to your preference/need using the ratios listed under "method" section.*

## METHOD

Measure your ingredients into a non-reactive saucepan, following the 100% vinegar / 50% water / 25% sugar / 12.5% kosher salt ratio. The size of the saucepan you use will vary depending on how big or small you scale the recipe.

Whisk the mixture together and turn on the stove to medium heat. Bring the mixture up to a very gently simmer, stirring every once in a while to prevent the sugar/salt from collecting at the bottom of the pan. Once the sugar and salt dissolve, turn off the heat.

Pour the warm liquid over your prepped veggies/fruit and aromatics of choice. Allow to sit at room temp for about 2 hrs and then transfer to the fridge for at least a day and up to 3 weeks. Make sure your container is air-tight.



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## VEG/FRUIT + VINEGAR + AROMATIC COMBO IDEAS

Red onions + mixture of red wine and champagne vinegar + black peppercorns, fresno chili

Cauliflower + rice vinegar + ginger, garlic and fresno chili

Apples + apple cider vinegar + fennel fronds, coriander seeds

Fennel + champagne vinegar + fresh dill, garlic and fresno chili

Pineapple + rice vinegar + star anise and orange peel

Peaches + white wine vinegar + cloves and ginger

Asian Pear + rice vinegar + allspice

Cucumbers + rice vinegar + ginger, marash chili flakes

Kirby cucumbers + white wine vinegar + dill, caraway seeds, peppercorns (classic dill pickle combo!)

## NOTES

I find that for a medium red onion, 200g vinegar, 100g water, 50g sugar and 25g salt is the perfect amount of pickling liquid!

I like to slice my pickled things relatively thinly using a mandolin (you definitely don't need one but it helps make the prep go by quickly!). The thinner you slice whatever you're pickling, the faster it will pickle - a thinly sliced onion will take less time to pickle than a big floret of cauliflower, for example.

If you're pickling something that you're cutting into larger pieces or that might be a little tough to chew (i.e. a large piece of carrot or large cauliflower floret), you can quickly blanch them in boiling salted water prior to pouring the pickling brine over them

Reference: <https://www.kendallandronico.com/all-recipes/pickling-101>