

Quick & Easy Pickled Vegetables

Love the idea of fresh pickled vegetables but cringe at the idea of canning? Us too, which is why we LOVE this quick pickled vegetable recipe. It doesn't involve traditional canning methods so keep in mind that this means they are stored in the refrigerator and not on the shelf and should be eaten within a week or so. You can pickle whatever seasonal vegetables you enjoy and serve them on an antipasto platter or as a side dish all summer long. It's a budget-friendly menu item that guests will love!

Cucumbers are an easy choice and don't require any blanching, but crisp vegetables like green & yellow beans, cauliflower, and carrots require a quick plunge in some boiling water to soften them, then they're ready for pickling.

INGREDIENTS & DIRECTIONS

Fresh vegetables of your choice, remove stems & cut into pieces/slices/spears. Blanch if necessary (see reverse side for instructions)

3 tablespoons white vinegar or apple cider vinegar (or a combo of both)

5 cloves garlic, peeled & sliced into wedges (approx. 4-6 wedges per clove)

6 large sprigs fresh dill, washed

1½ tablespoons kosher or sea salt (*don't use iodized table salt or your vegetables will darken*)

2 teaspoons black peppercorns, whole

A few thick slices of red or white onion, optional

½ teaspoon crushed red pepper flakes, or more/less to taste, optional

A little bit of a sweetener like sugar or honey, optional if you like a sweeter brine

A clean jar washed in hot, soapy water - a tomato sauce jar or recycled deli quart container works well

To blanch crispy vegetables (for example, beans, cauliflower, carrots):

In a large saucepan, dunk the crisp vegetables of your choice for 3 minutes in gently boiling water, just until tender but still with a snap. Place them in a bowl of ice water to stop them from cooking further. Set aside.

Make your brine:

Add the vinegar, salt, peppercorns, garlic, & dill to the jar (or divide the mixture evenly between two small jars), place lid on jar and shake to combine ingredients.

Add vegetables to the jar and top with water, securely place lid back on container.

Turn container over a few times to blend the mixture.

Refrigerate for 24-48 hours & shake the container once or twice if you think of it.

Market Shopping List

** Availability changes as the seasons change so while it's in season, buy it local!*

- Green beans* - Bluebird Farm, 18th C. Purity Farm (early June)
- Garlic - 18th C. Purity Farm, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic (July-Oct)
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- Vinegar - **Highland Park Market of Coventry** - Bring this recipe in for {FREE lemon} through MONTH #, 2018. (PLU 15)

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