

# CORNERSMITH

## HOW TO PICKLE ANYTHING!

**This simple, food proof recipe will have you pickling in no time! It makes about 2-3 x 500 ml jars, but feel free to halve it or triple it depending on how many jars you want to make.**

Cauliflower, carrots, green beans, radish, fennel, onion, beets, celery, chillies, pears, grapes, rhubarb, plums, peaches, cherries etc.

Approx. 500g crunchy vegetables or firm fruits.  
2 cups vinegar (apple cider or white wine)  
1 cup water  
½ cup caster sugar  
1-2 teaspoon salt  
3-4 tablespoons mixed spices and flavours of your choice.  
Peppercorns, mustard seeds, fennel seeds, chilli flakes, garlic cloves, slices of ginger, bay leaves, thyme, rosemary, cloves, cinnamon stick, star anise

### Method

Make your brine by combining vinegar, water, sugar and salt in a saucepan over low heat. Stir to dissolve the sugar and salt. Increase heat and bring to simmering point. Turn off the heat.

Wash vegetables or fruits well and either thinly slice, cut into wedges or leave whole. Carrots can be sliced while green beans can be left whole.

Put 1.5 tablespoons mixed spiced into the bottom of each jar. With small tongs or clean hands carefully pack the vegetables into jars. Pour over hot brine until the vegetables are completely covered. Remove air bubbles with chopstick or butter knife. Wipe the rim of the jar and seal immediately.

You can either store your pickle in the fridge for up to 3 months (or more!). Or heat process and store in the pantry for up to 2 years.

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Allow pickles to sit and develop flavour for at least 2 weeks before eating.

\*Any leftover brine can be store in the fridge for up to a month.

### **TO STORE PICKLES IN THE PANTRY:**

#### **You must sterilise jars before you start.**

To sterilise your empty jars: give your jars and lids a soapy hot wash and a good rinse or put them through the dishwasher. Put jars into a low oven (110 degrees) for 15 minutes. Boil the lids for 5 minutes in a small saucepan, then let air dry.

#### **Once jars are filled you will need to heat process to seal the jars.**

Put a folded tea towel into the bottom of a big saucepan. Put your filled jars in the pot and cover with tap water. Either cover the jars with water or bring the water level  $\frac{3}{4}$  of the way up the jar. Bring to the boil. From boiling point, put a timer on for 15 minutes. Carefully remove jars from the pot and allow to cool on the bench overnight. Check the seal and then store in the pantry.