

PICKLED WINTER VEGETABLES

INGREDIENTS

2 tbsp coriander seeds
1 tbsp peppercorns
1 tsp yellow mustard seeds
1 bunch thyme
1-2 lemon peels
2-3 bay leaves
1/4 c. sugar
1/2 onion sliced
1 c. rice wine vinegar
juice from 1 small orange
1 c. water
bunches of your favorite
vegetables (carrots, cauliflower,
celery root, beets, etc.)

DIRECTIONS

1. Prep your veggies. Peel & chop if needed.
2. Blanch harder veggies like carrots, cauliflower, celery root, etc. They should still have a crunch and bite to them. Shock the vegetables in an ice bath to stop them from cooking.
3. Boil all the pickling ingredients together then simmer for 10 minutes. Taste for flavor and balance. Strain and cool to room temperature.
4. Pack your veggies into a canning jar. Adding slices of fresh fruits like apples, pears, persimmons, lemon or orange zest etc. will naturally sweeten and bring more flavor to the pickled veggies.
5. Pour the brine over the vegetables. They should be completely submerged in the brine to stay fresh.
6. Cool to room temperature and refrigerate overnight.