

# Pickles

Ah, pickles... the universal sour-savory treat, a topping for burgers and sandwiches, a side, a snack... *a way of life*. And so easy to make!

## Pickles

This recipe fills a 1-pint (2 cup) jar — use a heat-tolerant glass jar with a tight-fitting, clean lid.

- 2 cups vegetables (cucumber is most common, but you can pickle most vegetables or blends)
  - 1 cup vinegar (white or cider vinegar, or a blend)
  - 1 cup cold water
  - 2 1/2 tsp sea salt
  - 2 tsp sugar
  - 1 tbsp Pickling Spice
  - 1 dried chili ((optional))
1. Place the Pickling Spice in an empty dry saucepan, and set over medium heat. Toast the spices until the aroma is released and you hear the first seeds begin to pop, about 2-3 minutes.
  2. Pour the vinegar and water over the spices and stir. Raise the heat to high, add the salt and sugar, stirring until fully dissolved. Bring the brine to a boil and boil vigorously for 2 minutes while stirring, then remove from heat.
  3. Put your vegetables into the pickling jar and loosely pack up to ½-inch below the top of the jar. If adding dried chili, crush the chili and toss in the jar.
  4. *Slowly and carefully* pour the hot brine into the jar, making sure to spoon all the spices in there (you're not going to use all the liquid), and make sure the vegetables are completely covered. Fill the jar completely to the top!

5. Seal the lid as tightly as possible and allow the jar to cool about 1 hour before putting in the refrigerator. Refrigerate at least one week before opening, and enjoy!

These are some tasty variations on the above recipe, let me know if you make any others you want to share!

### **Bengali-Japanese pickles**

- use rice vinegar instead of white/cider vinegar
- use **Himalayan Pink salt** instead of sea salt
- use **Panch Phoron** instead of Pickling Spice
- (*optional*) add 1 **cayenne chili**, coarsely crushed

### **Scorpion Burger Pickles**

- add 1 **Scorpion chili**, coarsely crushed
- pickle cucumbers sliced lengthwise (sandwich slices) and use them on good hamburgers, preferably with a sweet or creamy cheese and sauteed mushrooms or onions