

PICKLING: IT'S KIND OF A BIG DILL

Follow this pickling template to create your own flavors at home.

The Base:



Vinegar

+



Salt

+



Sugar

Classic



Cucumber

+



Garlic

+



Dill

Spicy



Green Bean

+



Red Chili Flake

+



Black Peppercorn

Sweet



Peach

+



Clove

+



Cinnamon Stick

PICKLED CARROTS

4 servings

CALORIES	FAT	SAT FAT	CARBS	PROTEIN	FIBER	SODIUM
18	0g	0g	4g	0g	1g	78mg

Ingredients

½ cup Vinegar, rice wine
 ½ tsp Kosher salt
 1-1/2 Tbsp Granulated sugar
 4-1/2 oz Carrots, fresh

Directions

Prep time = 10 minutes

Cook time = 5 minutes

1. Rinse uncut produce in fresh water. Do not peel carrots. Remove as little of the carrot end with the stem as possible.
2. Roughly cut the carrots into 1/2 inch "coins" on the bias. If the carrot is larger than 1 inch round, cut it in half and then slice.
3. In a pot over medium-high heat, heat the rice wine vinegar until simmering. Add the sugar and salt. Stir until the sugar and salt have dissolved. Add the carrots to the vinegar and allow to cook for 3-5 minutes. Remove the carrots from heat and set aside to cool.
4. Store the cooled carrots in a covered container and cold hold for up to 72 hours.

As needed: Remove the carrots from the pickling liquid and use as a garnish, or ingredient

Optional: flavor the brine with specific additional ingredients as desired examples: garlic, clove, dill, spices; clove, celery seed, star anise.

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