

Pickles



I think some people may think that pickling is some laborious process that takes hours but that really isn't the case at all. The recipe I use takes minutes! It also keeps for a few weeks in unopened jars but once opened should be refrigerated and eaten within a couple of days.

There are just so many vegetables that you can pickle and I have 3 recipes for you that all start with the same 'base' recipe. I have to say that I probably only make pickles a couple of times a year which is a shame as I love them but no one else in my house really eats them. I did go through a stage of making pickles for presents as I did chocolate truffles (I do think the truffles were more popular!!)

So, if you like pickles then give them a go and let me know if you make anything super tasty that I should try. Start with these simple recipes that are quick and you will love.

Base recipe;

250ml cider vinegar (organic if possible)

250ml water

Pinch of sea salt (not processed table salt)

Place all of the ingredients into a pan and start to heat up. Now choose which recipe below you'd like to make and add the ingredients for that into the pan.

Ginger and Beetroot pickle

Firstly peel and cut 2 raw beetroot into matchsticks and place in a bowl.

Now add the following to the base recipe pan and bring to the boil;
100ml of syrup from a jar of stem ginger
2 teaspoons nigella seeds
2 bay leaves.

Once the pickle juice has come to the boil, turn the pan off and pour over the bowl of beetroot. Once this is completely cooled, turn the pickled beetroot out into jars or an airtight container. Ooooh this is so good served with some warm ham.

Apple and Red cabbage pickle

Finely slice half a red cabbage and 2 apples (you want a crisp, tart apple such as a granny smith) and place to one side in a bowl.

Now add the following to your pan of pickle juice and bring to the boil;

1 teaspoon fenugreek

1 teaspoon cumin

1 finely sliced red chilli (optional but this really does add a wow factor to this recipe)

Once the pan has boiled, turn off the heat and pour over the cabbage and apple. Leave to cool and refrigerate in an airtight container.

Pickled Carrot

Slice 3 carrots into matchsticks – it helps if you have a vegetable slicer attachment on your food processor but if not just do your best to slice as thinly as possible. Place the carrots to one side in a bowl.

Now add the following to your pan of pickle juice and bring to the boil;

1 teaspoon mustard seeds

1 teaspoon fenugreek

1 tablespoon honey 2 bay leaves

Once the pan has boiled, turn off the heat and pour over the carrots. Leave to cool and refrigerate in an airtight container.

