

Quick Pickles

Season: All

Makes: 1 × 500 ml jar of pickles

Fresh from the garden: seasonal vegetables and herbs (see suggestions below)

Note: You can experiment with different types of vinegars, herbs and spices to create a variety of flavour combinations that go with your seasonal produce.

Suggestions by season:

Summer/Autumn: Beans, cherry tomatoes, capsicum and cucumbers combined with herbs and spices like bay leaves, chillies, dill and garlic.

Winter/Spring: Beetroot, carrots, cauliflower, daikon and radishes combined with herbs and spices like cumin seeds, fennel seeds, mustard seeds and thyme.

Equipment:

metric measuring cups and spoons
tea towel
chopping board
cook's knife
heatproof jug
mixing spoon
1 x 500 ml sterilised jar with lid**

Ingredients:

1 cup white wine vinegar
1 cup hot water
1 tsp salt
¼ cup castor sugar
2 cups sliced seasonal vegetables

What to do:

1. Prepare all of all the ingredients based on the instructions in the ingredients list.
2. In a heatproof jug, mix together the white wine vinegar, hot water, salt and sugar until the sugar and salt dissolve.
3. Put the sliced vegetables into the jar, slipping in any herbs and spices at this point. Leave a 1 cm space at the top of the jar.
4. Pour the hot pickling liquid into the jar carefully, filling it to within 1 cm of the top. Make sure all the vegetables are submerged.
5. Cool on the bench for an hour to let the vegetables pickle. These quick pickles are now ready to eat or can be stored in the fridge for up to 2 weeks.

*Adult supervision required.

**To sterilise the jars, simply wash them in hot soapy water, then rinse them in hot water. Place in a stockpot of boiling water for 10 minutes, then drain upside-down on a clean tea towel. Dry thoroughly in an oven heated to 150°C. Remove the jars from the oven and fill them while still hot.