

From Shane Henderson and Heritage Catering
An EggsQuisite Evening Benefiting Youth Home
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Basic Pickled Vegetable Recipe

A couple of notes here: this recipe is simple but complex the more you use it. It is a guide, after you use it a couple of times, you may find you want to add dill seed into it, or coriander seeds, or a cinnamon stick, all fine and dandy. Have fun in your kitchen, do not let me, the writer of the recipe, tell you how to cook behind the secrecy of your closed kitchen doors.

What veggies to use: I have used tons of different veggies in this and similar recipes, but you need to keep in mind a couple of things, some vegetables, like cauliflower, are harder than say an onion, so you must either cut them different sizes, the cauliflower smaller, and the onion larger, or blanch simply the cauliflower before brining them in the pickling liquid. Again, this is a large recipe, best used when the garden is at it's peak and you just can't eat, give away, barter, leave behind nonchalant like at a friends Bunco game, etc. Put those fantastic veggies up and save them for the winter months when you would kill for a decent piece of produce.

- ½ gallon water
- 1 cup kosher salt
- 4 cups sugar
- 4 cups white vinegar
- 4 cups apple cider vinegar
- 2 teaspoon celery seed
- 2 bay leaves
- 1 teaspoon ground turmeric-optional
- 2 teaspoons Mustard seeds
- 4 each cloves
- 1 teaspoon crushed red pepper flake

About 2 pounds of prepared vegetables, washed, trimmed, put into a non-reactive container.

So this part is simple. Bring all the ingredients, except the veggies to a good boil over high heat. Boil until all the sugar and salt has dissolved. Pour over the veggies and allow to cool at room temperature. Then place in the fridge and allow to chill overnight before enjoying them.