

QUICK PICKLED VEGETABLES

YIELD: 32 servings, 2 TBSP each

Chef Vanessa LaBranche

Quick pickling vegetables is an exciting way to give fresh vegetables longevity. You can use a variety of vegetables, but these three options are not complicated or lengthy. You can have these tasty options for garnishes on sandwiches or tossed into salads. Though the vegetables change, the pickling liquid remains the same throughout the recipes. Using this quick method of pickling is not the same as canning and will not be shelf-stable, so the jars will have to be stored in the fridge. They will keep for up to 2 weeks.

INGREDIENTS

PICKLING LIQUID

(for up to 1# of vegetables)

- 1 cup of water
- 1 cup of vinegar
- 3 tablespoons sugar
- 1 tablespoon of kosher salt

FOR PICKLED CARROTS

- 1# baby carrots
- 1 TBSP coriander seeds
- 1 TBSP annatto seeds

FOR PICKLED CHILES

- 1# jalapenos, thinly sliced
- 4 whole garlic cloves, smashed
- 1 TBSP coriander seeds

FOR PICKLED CHERRY TOMATOES & TOMATILLOS

- 1# cherry tomatoes and tomatillo's
- 1 TBSP dried mint
- 2 TBSP dried chives

DIRECTIONS

1. In a saucepan, add the pickling ingredients and bring to a simmer over medium heat. Cook until the salt and sugar dissolves which should only take about 5 minutes.

2. Pour the hot liquid over the jarred vegetables until covered. Allow to cool at room temperature for two hours with a cover with a slight opening. Cover completely with a lid and refrigerate for at least one day before use. Will last for up to two weeks.

RECIPE NOTES - QUICK PICKLED VEGETABLES

Nutritional information per serving*:

FOR PICKLED CARROTS

12 calories; 0.005 g sat. fat; 157 mg sodium; 2.5 g carbohydrate

FOR PICKLED CHILES

11 calories; 0.015 g sat. fat; 147 mg sodium; 2.4 g carbohydrate

FOR PICKLED CHERRY TOMATOES & TOMATILLOS

10 calories; 0.012 g sat. fat; 147 mg sodium; 1.9 g carbohydrate

** nutrient data and allergen information may vary depending on the specific ingredients and equipment used in your location.*