

Scrappy hour: Quick refrigerator pickles

What will you need?

For the brine

- ½ cup water
- ½ cup vinegar (white vinegar, apple cider vinegar, champagne vinegar, etc.)
- Sweetener, to taste (honey, maple syrup, brown sugar, white sugar, etc.)
- Salt, to taste (use pickling salt or sea salt to avoid cloudy pickles)

For the pickles

Use any veggie scraps you have! Some vegetables that work well are: carrots, cucumbers, radish, daikon, cauliflower, beets, peppers, green beans, cabbage, turnips – the possibilities are endless. You can cut your vegetables into different shapes and sizes – spears, thinly sliced, thin peels, or blanched whole.

Flavour boosters

Customize the flavour of your pickles by combining different flavour boosting ingredients! Some options include:

- Herbs (dried or fresh) – dill, thyme, oregano, rosemary, etc.
- Spices (ground or whole) – cinnamon, all spice, star anise, cloves, mustard, peppercorns, red pepper flakes, etc.
- Roots – ginger, turmeric, etc.
- Garlic cloves (whole, smashed, or sliced)

Prep your pickles!

1. Wash your recycled glass mason jars out with warm, soapy water. Rinse and dry.
2. In a small saucepan, mix together your brine ingredients. Bring to a boil – stir and remove from heat.
3. Add your flavour boosters into clean jars. Be creative with your combinations!
4. Add your veggies into the jars. Pack them in tight, but be careful not to press too hard and crush them.
5. Pour your brine over the veggies – they should be fully submerged. Tap the jar lightly against the counter to remove any air bubbles. Add more brine if needed. You should have about half an inch of headspace left in the jar.
6. Wipe down the mouth of the jar and seal. Let cool to room temperature before storing in the fridge.
7. Wait a couple of days before enjoying your pickles. These are great for topping a salad, or to add an extra crunch to a sandwich! They will keep in the fridge for up to two months.