



"Quick Pickled" Vegetables

What is it?

Quick pickles are a unique way to make the most of your vegetables. Veggies about to go bad? Looking for an easy way to add flavor? Want to incorporate vegetables without using heat? Pickle them! Pickling is a form of fermentation. The pickling liquid acts as the vehicle of flavor and with so many unique vegetable and vinegar combinations, the pickling possibilities are endless!

Wondering how to eat?

- as a side dish
- straight out of the fridge with a fork
- veggie burger topping
- salad topping
- grain bowl topping
- on a sandwich

Ideas:

Quick pickled red onions

If you are looking for a fun topping for tacos try:

Slice red onion then add apple cider vinegar, and garlic powder

Quick Pickled Carrots & Daikon

To add flavor to your favorite Bahn Mi sandwich try:

Mix julienned or matchstick carrots and Daikon radish with rice vinegar, garlic, fish sauce, and lime

Quick Pickled Cabbage:

To wake up a tired breakfast omelette try:

Shred red or white cabbage then mix with white vinegar, dried sage, cloves, and a bay leaf



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How to:

Step 1: Choose your veggies

Forget the basic cucumber, although delicious, and think outside of the box. Try some of the following vegetables to really get those pickle juices flowing:

- Carrots, beets, spicy peppers, cucumbers, onions, green beans, radishes, cabbage, or cauliflower

Wash vegetables and thinly slice or julienne them for a greater surface area and a quicker pickle time!

Step 2: Add acid

Any basic vinegar is game-white vinegar, apple cider, white wine, and rice vinegar all work well. You can use these vinegars alone or in combination with citrus juices. Steer clear of aged or concentrated vinegars like balsamic or malt vinegar for pickling.

Step 3: Build Flavor

Layer the flavor by adding ground herbs and spices, garlic, sugar and salt.

Step 4: Mix

In a large bowl or Mason jar add sliced vegetables and pour brine mixture over them. Ensure all vegetables are completely submerged. All vegetables to "pickle" for 15- 30 minutes or longer for a deeper flavor.

Step 5: Serve & Store

Enjoy your pickled veggies immediately, or store in refrigerator for up to 5 days.

Tips & Tricks

If you are feeling adventurous build even more layers of flavor by adding things like

- whole fresh herbs
 - dill or cilantro are great
- whole spices
 - think coriander or peppercorns
- whole garlic cloves
- hot chilies
 - halved or whole will work to add some extra heat