

Fridge Pickle Recipe



FRIDGE PICKLES ARE AN EASY AND DELICIOUS WAY TO PRESERVE YOUR FOOD. THERE ARE 6 EASY STEPS TO MAKE FRIDGE PICKLES.

ingredients:

- 1 jar
- 2-3 medium cucumbers
- 1 tbsp salt
- 1 tbsp old bay
- 2 bay leaves
- 1-2 garlic cloves
- 1 tsp whole pepper
corns
- vinegar
- water

Instructions:

1) START BY SELECTING THE JAR YOU ARE GOING TO USE. SINCE YOU DON'T NEED TO SEAL THE JAR, YOU CAN USE A RECYCLED TOMATO SAUCE JAR OR A PLASTIC TUPPERWARE TOO. FOR THIS RECIPE WE ARE GOING TO MAKE PICKLES IN A 1 QUART JAR.

2) SELECT YOUR VEGETABLE! THERE ARE SO MANY DELICIOUS SUMMER VEGETABLES THAT YOU CAN PICKLE! HERE'S A SHORT LIST OF ONE'S YOU CAN CHOOSE FROM:

GREEN TOMATOES
CUCUMBERS
ONIONS

TURNIPS
CARROTS
OKRA

3) PREP YOUR VEGETABLES. START BY WASHING YOUR PRODUCE. YOU CAN SLICE YOUR VEGETABLE INTO THIN RINGS (GREEN TOMATOES, CUCUMBERS, ONIONS, TURNIPS), OR LONG SPEARS (CUCUMBERS, OKRA, SPRING ONIONS, CARROTS). PACK THE JAR FULL OF YOUR CHOSEN VEGETABLE!

4) MAKE YOUR SPICE MIX. MY PREFERENCE FOR EASY FRIDGE PICKLES IS THIS:

1 TBSP SALT

1 TBSP OLD BAY

2 BAY LEAVES

1-2 GARLIC CLOVES

1 TSP WHOLE PEPPER CORNS

DEPENDING ON WHAT FLAVOR YOU WOULD LIKE YOUR PICKLES TO TASTE LIKE YOU CAN +/- DIFFERENT SPICES TO CHANGE THE FLAVOR, DILL GIVES A COOLING FRESH TASTE, DRIED PEPPERS GIVE YOUR PICKLES SOME HEAT, AND CURRY POWDER CAN ADD A DELICIOUS TWIST. I ENCOURAGE YOU TO EXPERIMENT WITH DIFFERENT BATCHES TO FIND WHAT YOU LOVE. ADD YOUR SPICE MIX TO THE JAR.

5) FILL YOUR JAR HALF WAY WITH VINEGAR. MY PREFERENCE IS APPLE CIDER VINEGAR, BUT ANY VINEGAR WILL DO! FILL IT THE JAR THE REST OF THE WAY (OR UNTIL VEGETABLES ARE FULLY SUBMERGED) WITH WATER.

6) TWIST YOUR LID ON TIGHT AND SHAKE SO THAT THE SPICES MIX EVENLY THROUGHOUT THE JAR. STORE YOUR JAR IN THE FRIDGE FOR 3 DAYS TO 1 WEEK BEFORE EATING. FRIDGE PICKLES WILL BE BEST FOR 3 WEEKS.



Pickle Facts!

- A pickle most commonly refers to a pickled cucumber, but you can pickle lots of different kinds of vegetables
- To pickle something means to preserve it in brine. The point of pickling is to prevent spoiling and to make a new flavor.
- There are two types of pickling: The first one uses a vinegar and water brine most pickles from the grocery store are made this way. The second type uses a salt and water brine. Kimchi and sour pickles are usually made in this way.
- The process of pickling encourages the growth of some bacteria (that make pickles taste the way they do) while suppressing the growth of other bacteria (that cause spoiling and disease.)
- The pickling process produces carbon dioxide as a byproduct. You'll often see pickle containers left uncovered or covered with a porous material to allow the carbon dioxide to escape. -Companies that produce pickles on a mass scale ferment their cucumbers in giant outdoor pots. The sun's UV and infrared rays help prevent yeast and mold growth.
- The word pickle comes from the Netherlands. In Dutch, to salt or brine is called pekel.
- People in the US consume about 9 lbs of pickles per person every year.
- Drinking pickle juice can help relieve a muscle cramp up to 37% faster than drinking water.
- Old-time picklers made their brine with enough salt for an egg to float in. This is very salty! The pickles made in this salty salty brine would last a long time without spoiling, but needed to be soaked in plain water before eating to taste good.
- Dill pickles are twice as popular as sweet pickles in the US.
- In Connecticut, in order for a pickle to be considered a pickle, it must bounce.
- Pickling vegetables not only changes their flavor, but can also make them more nutritious and easier to digest.

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This Fridge Pickle Recipe is from Chef Kiah of Wilde Thyme, in partnership with Tastewise Kids. For more recipes and activities check out www.tastewisekids.org



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We would love to see how your pickles turn out, send us a picture of your final product on Facebook or Instagram, tag us and use the hashtag #TWKatHome. You can also email info@tastewisekids.org