

Quick Pickles	
Ingredients	Instructions
<ul style="list-style-type: none"> <li>• 1lb - 1½lb cucumbers, sliced rounds (¼”- ½” thick)</li> <li>• 3 cups white vinegar (cider vinegar works as well)</li> <li>• 2 ¼ cups cold cup water</li> <li>• 2 ½ tbsp salt</li> <li>• 3 tbsp mustard seed</li> <li>• 3 tbsp coriander</li> <li>• 3 tbsp peppercorn</li> <li>• 2 bay leaves</li> <li>• 4 green onions, chopped</li> <li>• 6 garlic cloves, finely diced</li> <li>• 3 jalapeño peppers, sliced rounds (remove seeds, or omit to reduce heat)</li> <li>• A few sprigs of fresh dill and a pinch of dill seeds (seeds not required)</li> <li>• ¼ cup sugar (optional, if you like sweet pickles)</li> <li>• Try experimenting by adding some red pepper flakes, ginger, turmeric, fresh oregano, thyme, or rosemary</li> </ul>	<p>*For extra crunchy pickles, put cucumber slices into a colander/strainer with ice for 20-30 minutes. Drain and pat dry before pickling</p> <ol style="list-style-type: none"> <li>1. <b>Prepare Brine:</b> In a small saucepan, combine vinegar, water, sugar, and salt. Heat gently until sugar dissolves.</li> <li>2. <b>Pack Cucumbers:</b> Place cucumber slices in a jar along with dill.</li> <li>3. <b>Pickle:</b> Pour the warm brine over cucumbers, seal the jar, and refrigerate for at least 8 hours before serving. Quick pickles must be stored in the refrigerator and will last up to 2 months.</li> </ol> <p><b>Other Quick Pickled Vegetables</b></p> <ul style="list-style-type: none"> <li>• Carrots, sliced into thin sticks or rounds</li> <li>• Red onions, halved and sliced (with a few slices of beet for colour)</li> </ul>