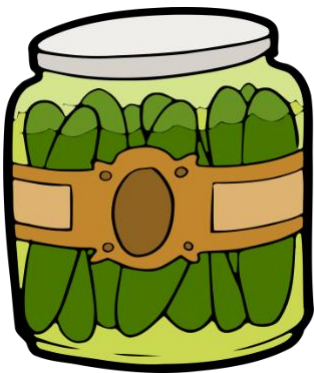


pickles & preservatives



Pickles are so much more than sour cucumbers, floating in a jar at the back of your refrigerator. They define culture, diversity, health and exploration. Pickles were created more than 4000 years ago in Western Asia where cucumbers were soaked in acidic brine. This was done as a way to preserve them and ensure that they would last on long journeys. For this reason, pickles carry a great deal of historical significance, making them an essential part of different cultures and cuisines around the globe.



What Classifies as a Pickle?

On the most basic level, a pickle is food that is soaked in a solution that prevents spoilage. However, the advantage of pickling goes beyond preserving as they have the ability to change a food's taste and texture in an unexpected sour tangy way.

There are two basic types of pickles:

Pickle Type #1:

This pickle variety is one in which vegetables are preserved in vinegar, a strong acidic solution which makes it very hard for bacteria to survive.

Example: Any quick pickle and most refrigerated pickles.

Pickle Type #2:

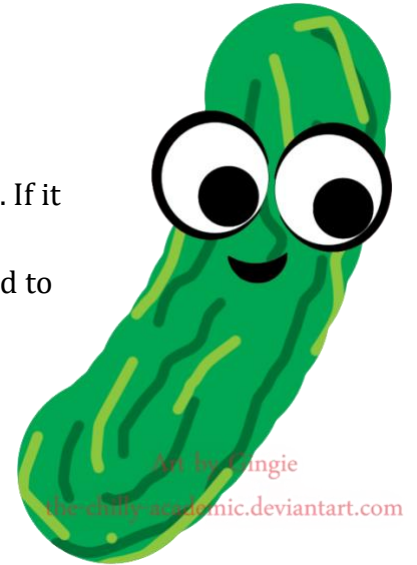
This pickle variety is when vegetables, and sometimes fruit, are soaked in salt brine which encourages a process of fermentation. Fermentation is the growth of "good" bacteria, which makes foods less likely to spoil because of "bad" bacteria.

Example: Pickled turnips, kimchi, sauerkraut

Top Reasons to Pickle at Home:

Pickling foods is super easy:

- Pickling foods is a practice that has been used for thousands of years. If it could be done in ancient times, you can do it too!
- Once you decide which food you would like to pickle, you simply need to submerge it in a brine of salt, sugar, vinegar and/or water.
 - You could choose from a variety of spices to play around with different flavours.



Pickles are still fruits & vegetables, allowing you to enjoy 'fresh' or preserved seasonal foods all year round:

- Pickled foods retain their vitamins and minerals, unlike cooked fruits and vegetables that have nutritional losses from the heat of cooking and baking.
 - Some pickles actually gain more nutritional benefits as they ferment.

Pickles are nutritious and have great health benefits:

- Pickled foods don't hold as many health benefits as fermented foods, but are still quite nutritious.
- Some nutritional benefits include: muscle cramp relief, balancing our electrolytes, and boosting our intake of antioxidants (which are heat sensitive and are often broken down during most cooking processes).
- Another great nutritional benefit of pickles is their ability to stabilize our blood sugar levels. With stabilized blood sugars, we often feel more energetic, our mood is lifted, and we can be more productive – plus this helps with sleep!
- Ultimately, the best benefit we can get from fermented foods and some pickles are probiotics. Probiotics are imperative for optimal gut health.
 - With improved digestive health, we can boost our heart and brain function, and get necessary fibre as well as vitamins C and K.

Pickles have a long shelf life:

- Pickles can be made all year round and are a great way to preserve those summer foods to enjoy in the fall and winter months.
 - Properly canned pickles can last 6 months to a year before opened, while refrigerated pickles can last 2-3 months open in the fridge.

Pickles are packed with a ton of flavour:

- There are endless recipes that can be heightened just by adding a few pickles. The acidic, tangy, sour-sweetness that you get from pickles allows you to instantly elevate a dish from good to great. Not only do pickles elevate a recipe's flavour, but they add a great crunch and texture to any dish.

Curried Pickled Vegetables

Ingredients:

- ¾ cup white vinegar
- ½ cup apple cider vinegar
- 1/3 cup white sugar
- ½ Tbsp. yellow mustard seeds
- ½ Tbsp. curry powder
- ½ Tbsp. kosher salt
- ¼ tsp whole black peppercorns
- Cauliflower, small florets
- Green cabbage, medium sized chunks
- Carrots, sticks

Equipment:

- Knives
- Cutting Board
- Sauce Pot
- Measuring Cups
- Measuring Spoons
- Jars

Instructions:

1. Wash cauliflower, cabbage and carrots, removing any dirt or damaged spots.
2. Transfer cut vegetables into jars, packing them as tight as possible.
3. Bring vinegars, sugar, mustard seeds, curry powder, salt and peppercorns in a boil in a pot.
4. Ladle the hot brine over the vegetables, leaving about ¼ inch of space at the top.
5. Place the lids on the jars and fasten them tight.
6. Refrigerate for 3 days before eating and enjoy for up to 3 weeks.

*Jars may leak during the pickling process so place them in a deep tray to save you from a mess.

Pickled Dill Green Beans

Ingredients:

- 1 pound of green beans, about 40-50 green beans
- 4 cloves of garlic
- ½ tsp. red pepper flakes
- ½ tsp. yellow mustard seeds
- Fresh dill
- 1 cup white vinegar
- 1 cup water
- 1 Tbsp. kosher salt or 2 tsp. pickling salt

Equipment:

- Kitchen Scissors
- Sauce Pot
- Measuring Cups
- Measuring Spoons
- Jars

Instructions:

1. Wash jars and lids with warm soapy water then ensure they are dried completely.
2. Clean and green beans and trim any damaged spots. Cut in half if they are too long for your jars.
3. Add garlic, red pepper flakes and mustard seeds to the jar.
4. Lay the jar on its side and place dill on the bottom. With the jar still on its side, pack in the green beans and get them as tight as possible.
5. Combine the vinegar, water and salt into a sauce pan and bring to a boil.
6. Pour boiled brine over the green beans, filling the jar to within ½ inch of the top.
 - a. You may not use all the brine, discard excess.
7. Tap the jar to remove all air bubbles and top with more bring if needed.
8. Place lids over the jars and screw tight.
9. Allow the jars to come to room temperature then store the pickles in the refrigerator.
10. Allow at least 48 hours to pass before sampling.
11. Pickles can be stored I the refrigerator for up to 2 months. Enjoy with charcuterie boards, salads and as a garnish.

*Pickles will improve with age. They must be stored in the refrigerator.

Pickled Red Onion

Ingredients:

- 1 ½ cups white vinegar
- ¾ cup white sugar
- ½ cinnamon stick, optional
- 3 cloves, optional
- 1 dried chili, optional
- 1 star anise pod, optional
- 1 tsp. caraway seeds, optional
- 2 bay leaves
- Peppercorns
- 1 large red onion

Equipment:

- Knives
- Cutting Board
- Sauce Pot
- Measuring Cups
- Jars

Instructions:

1. Combine everything BUT the red onion in a pot. Bring mixture to a boil then reduce to a simmer for 3 minutes.
2. Once simmered turn off the stove, cover the pot and allow mixture to infuse for 5-10 minutes.
3. Peel onion and trim of the ends.
4. Slice in rings or strips.
5. Bring the brine back to a boil. Add onions and turn off the heat.
6. Allow mixture to cool then transfer onions into a jar and refrigerate before serving.
7. Serve on a salad, hamburger, smoked fish, charcuterie or cheese board and enjoy!

*An aluminum, cast iron or copper pots and spoons may cause the onions to turn a bluish colour. They are still safe to eat. Non-reactive pots are stainless steel, ceramic, glass or coated metals.

Pickled Beets & Turnips

Ingredients:

- 5 turnips
- 2-3 beets
- 1 heaping Tbsp. kosher salt
- 2 cups water

Equipment:

- Knives
- Cutting Board
- Measuring Cups
- Measuring Spoons
- Jars

Instructions:

1. Wash turnips and beets, removing any dirt or damaged spots.
2. Cut turnips and beets into flat desired shapes, stick or half-moons. (cubes may take too long to pickle)
3. Layer beets and turnips in a jar and ensure they are tightly packed.
4. Wedge extra pieces into the jar to fill up empty spaces.
5. In a 2 cup measuring cup, dissolve kosher salt in a small amount of boiling water. Fill the rest with cold water until you reach the 2 cups line.
6. Pour salted water into the jar over the beets and turnips. Ensure they are covered to the top.
 - a. If there is not enough salted water, repeat step 5.
7. Leave unrefrigerated for one week in a cool dry spot.
8. After one week open pickles turnips and beet in the sink, as they will likely over flow do to the gas released from the turnips.
9. Refrigerate and enjoy for up to 4-6 weeks.
10. Serve in a salad, a pickle dish or with falafel or shawarma and enjoy!

*Jars may leak during the pickling process so place them in a deep tray to save you from a mess.