



## QUICK PICKLES

### INGREDIENTS

1 kg seasonal vegetables – cut to small bite sized pieces

For example : Fennel, Red Onion, Cauliflower, Red Cabbage, Cucumbers

20g salt

### PICKLING LIQUID

500 ml white wine vinegar

250 ml water

250g white sugar

### METHOD

Salt the vegetables for a minimum of 2 hours or overnight

Wash off all excess salt and rinse thoroughly and leave to strain

Taste – and if still too salty continue to rinse

Bring vinegar, sugar and water to the boil

Pack vegetables into a clean jar with a tight fitting lid

\*\* Add spices

Pour hot liquid over vegetables and secure lid

Allow to rest for at least 24 hours before eating

### SPICES

To add more flavour to your pickles you can also add spices such as

Coriander Seed, Fennel Seed, Cloves, Peppercorns, Star Anise, Cinnamon, Mustard Seed, Dill Seeds, Nigella