

# Mediterranean REFRIGERATOR PICKLES

Recipe adapted from The All New Ball Book of Canning and Preserving. ©CanningCrafts 2023

## Master Brine Solution\*:

- 2 cups of white wine vinegar (5% acidity)\*\*
  - 1 cup of water
  - 2 tablespoons of sugar
  - 1 tablespoon of pickling salt
- \* You may have leftover brine. Store in fridge for later use.  
\*\* Can also use red wine or balsamic vinegar

## Seasonings:

- 4 garlic cloves, crushed
- 2 tablespoons chopped basil and/or oregano
- 2 teaspoons citrus zest
- 1/4 teaspoon dried crushed red pepper flakes

## Vegetable Mix:

This recipe is flexible! Mix and match or make your own substitutions. Wash, trim, and peel vegetables. Depending on the sizes of veggies, leave them whole, halve, quarter, slice, or chop. Use approximately 2 pounds of vegetables total.

- Zucchini, sliced 1/4" thick or cut into larger cubes
- Cherry Tomatoes, leave whole
- Button Mushrooms (leave whole or cut larger ones in half)
- Bell Peppers, sliced (red, orange, or yellow peppers)
- Green Beans
- Optional: asparagus, radishes, chili peppers, cauliflower & eggplant.



1. Prepare your master brine solution by combining the vinegar, water, sugar, and salt to a boil in a small stainless steel pot or enameled pan. Reduce heat and simmer 3 minutes, stirring until the sugar and salt are dissolved.
2. Tightly pack your chosen vegetables, crushed garlic cloves, chopped herbs, citrus zest, and red pepper flakes into a hot quart jar (or 2 pint jars). I like to randomly mix the veggies in the jar and sprinkle the chopped herbs throughout.
3. Pour hot Master Brine over vegetables to cover them. Use a bubbling tool or chopstick to remove air bubbles. Add more brine to cover if needed. Cover with a lid (since this is a non-shelf stable fridge recipe, I like to repurpose old, previously used lids. Do NOT use previously used lids for shelf stable canned goods).
4. Let jar stand an hour or until cooled at room temperature. Store cooled jar in refrigerator\*. For best flavor, allow the jar to pickle in the fridge at least a week before eating. Pickles will become more flavorful over time.

\*IMPORTANT: This is NOT a shelf stable product. It must be stored in a refrigerator.