

Quick Pickled Veggies: For quick pickles a basic brine is equal parts vinegar and water, but you can adjust to your taste. Feel free to mix vinegars like apple cider, white wine or rice vinegar. Just stay away from the more concentrated vinegars like balsamic or malt vinegar.

Ingredients

- 1 small red onion
- 1 large carrot
- 1 large English cucumber
- 1 cup rice vinegar, unseasoned (=no added sugar)
- 1 cup water
- 1 tbsp kosher salt
- 1 tbsp. cane sugar

Cooking Instructions

Julienne, use a mandolin or thinly slice the onion, carrot and cucumber(approx 1 lb veggies total) and collect them in a large bowl. In a small pot, over medium low heat, add the vinegar, water, salt and sugar and stir until the sugar dissolves. Let the brine cool to room temperature. Transfer the vegetables to a glass container(wide mouth mason jars are ideal) with a lid and pack down. Pour the brine over the vegetables within a ½ inch to the top. Tap out any air bubbles and top off with more brine, if necessary. Store it in the refrigerator until ready to use. They improve with a age but since they are not canned only store in refrigerator for up to 2 months

Notes

-easy to double and keep stored in your fridge

-mix up the veggies- summer squash, radishes, green beans, fennel

-add a spoonful to just about everything-layered in a sandwich, added to a salad or grain bowl or on top of a fried egg.

-add in options.. whole pickling spices, some mustard seeds, a small hot pepper, fresh thyme or dill fronds or dried herbs to your jar. Fresh ginger or turmeric is also an added bonus for flavoring.