Easy Pickling

Starts With Ball® Canning

- Pickling is one of the hottest culinary trends today.¹
- It’s an easy way to add fresh, homemade flavors to your meals.

Simple tips
- Make sure your vegetables are completely covered by pickling brine
- You may have to blanch harder, more dense vegetables such as beets, Brussels sprouts, carrots etc.
- Increase sugar and salt depending on personal taste
- The longer they sit, the better they taste!

Quick Pickling Guide

**Step 1:** Cut one pound of vegetables of your choosing.
- Cucumbers
- Asparagus
- Beets
- Bok Choy
- Brussels Sprouts
- Carrots
- Cabbage
- Cauliflower
- Daikon Radish
- Green Beans
- Jalapeños
- Mushrooms
- Okra
- Onions
- Peppers
- Radishes
- Tomatoes
- Turnips
- Watermelon Rind
- Zucchini

For best results, cut your vegetables into equal sized pieces.

**Step 2:** Prepare your pickling brine.

Combine:
- 1 cup White Vinegar
- ½ cup water
- 1 tablespoon sugar
- ½ tablespoon salt

Bring mixture to a boil, cook 3 minutes until salt and sugar have dissolved.

**Step 3:** Start pickling.
- Pack the vegetables in a warmed Ball® canning jar of your choice.
- Pour hot brine over vegetables.
- Cover and let sit at room temp for 1 hour, then refrigerate.

Refrigerate for at least 2 hours – the longer they sit the better they get!

Choose your style of pickling!
Add the ingredients below to your brine (step 2) to create a variety of flavors.

- **Garlic Dill**: Garlic + Fresh Dill + Pickling Spice
- **Latin American**: Garlic + Chilies + Citrus + Cumin + Coriander Seed
- **Chinese**: Ginger + Garlic + Scallion + 5 Spice + Red Chilies
- **Japanese**: Daikon + Ginger + Wasabi + Scallions + Soy sauce
- **Southeast Asian**: Thai Basil + Coriander Seed + Chilies + Garlic + Shallot
- **Mediterranean**: Garlic + Oregano + Citrus Rind + Bay Leaves + Fennel Seed

¹National Restaurant Association “What’s Hot” 2013 Chef Survey.
**Mexican Style Pickled Red Onions**

- 1lb. sliced red onion
- ½ tsp. black pepper ground
- ½ tsp. cumin seed, toasted
- 1 tsp. dried Mexican oregano

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Blanch red onion in water, shock and drain and put into a pre-warmed Ball® jar.
3. Pour brine over red onions and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use within 3 months.

**Simple Sweet Tarragon Bread and Butter Pickles**

- 1lb. cucumber, ¼" sliced
- 1 cup sugar
- 1 cup Tarragon Vinegar
- 1 cup water

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Put sliced cucumber in a pre-warmed Ball® jar.
3. Pour brine over cucumbers and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use within 3 months.

*May add 2 garlic cloves, and a few sprigs of dill and swap out Tarragon vinegar for White Vinegar for a classic dill pickle*

**Vietnamese Pickled Carrot and Radish Slaw**

- 8 oz. carrot cut into long julienne on Japanese mandolin
- 8 oz. daikon radish, cut into long julienne on mandolin

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Add vegetables to a pre-warmed Ball® container.
3. Pour brine over vegetables and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use within 3 months.

**Cajun Bar Pickles**

**Great in a Spicy Cajun Bloody Mary with Lea and Perrin’s Worcestershire sauce!**

- 1lb. okra pods, green beans or asparagus
- 1 cup White Vinegar
- ½ cup water
- ½ Tbsp. salt
- 1 Tbsp. sugar
- 4 cloves garlic, cut in half

1. Bring all other ingredients to a boil and simmer 2 minutes until all sugar and salt is dissolved.
2. Put clean okra pods in a pre-warmed Ball® canning jar (remember, pickling liquid must cover all the okra).
3. Pour brine over okra and cover. Let sit at room temperature for 1 hour, then refrigerate for 2 hours.
4. Use withing 3 months.

**Hot Giardinara**

Perfect on a sandwich, especially on the classic Chicago Italian Beef, or add green and black olives and use on a Muffinetta

- ½ cup olive oil
- 1 cup cauliflower (small florets)
- 1 cup carrots ¼" dice
- 2 each serrano peppers, sliced thin
- ½ cup celery, ¼" dice
- ½ cup red pepper, ¼" dice

1. In a non-reactive sauce pan add olive oil and heat, sauté cauliflower, carrots, peppers, celery, red pepper and garlic until just al dente, about 3 minutes.
2. Add spices, water and vinegar and cook an additional 1 minute.
3. Pour into a pre-warmed Ball® jar and cover for 1 hour.
4. Put in refrigerator overnight.
5. Use within 3 months.