

# PICKLED VEGETABLES



This Pickled Vegetable recipe has been shared by Jess Wicks from the [Happy Herbivore](#). A great way to make use of excess vegetables from the garden or anything that has been left in the fridge for too long to reduce food waste. Some great combinations are capsicum and garlic, cucumber and dill, and red onion with mustard seeds and dill.

**Prep time:** 10 mins

## Equipment

- Sharp knife
- Chopping board
- Pickling jar
- Kitchen scales

## Ingredients

- Water
- Vinegar (we used apple cider vinegar)
- Raw sugar
- Salt
- Vegetables of choice
- Herbs and Spices of choice - Eg: Mustard Seeds, Caraway Seeds, Fennel Seeds

## Instructions

Fill your chosen pickling jar with sliced vegetables and herbs/spices and then press down firmly. Place your jar onto kitchen scales and tare the weight so it is at 0g. Fill your jar with 50% water and 50% vinegar, taking note of the weight on the scales. Calculate 10% of the weight of your brine in g. This is the amount of sugar you now need to add to the jar. Now calculate 2% of the weight of your brine (before you added the sugar), this is the amount of salt you now need to add to the jar. Seal the jar and give it a shake so that the sugar dissolves (it is ok if it does not fully dissolve, it will while it pickles). Take off the lid and push down all of the vegetable slices so that they are submerged in the brine. Place in the fridge and enjoy after 24 - 48 hours depending on the vegetables used. The longer it is in the fridge before use the better.

### **Example of working out brine percentages - It's easier than you think!**

Fill the jar with vegetables and tear the weight on the scales to 0g. Pour in water until the jar is half full and then fill the rest with vinegar. The weight on the scales is now 300g. Take 10% of 300g which is 30g of sugar and then calculate 2% of 300g which is 6g of salt.