

Quick Pickling

Quick pickling is a great way to add sweet, sour, and salty flavors to vegetables. Perfect as a snack or topping to a meal, pickled vegetables pack a bright and flavorful punch. Quick pickling slightly changes the texture of raw vegetables while preserving a good amount of crunch. Try out different combinations of vinegars, seasonings, and vegetables to find what you like best.

When pickling vegetables, be sure to follow standard food safety practices. These include washing your hands before you begin, washing vegetables before use, and using clean utensils and equipment. Once the pickled vegetables have cooled for 2 hours, they can be stored in the refrigerator for up to 7 days.

3

Vegetables:
4 cups
thinly sliced
vegetables



Sliced
jalapeños



Sliced
cucumbers



Sliced
red
onions



Carrot
sticks



Sliced
white
onions



Sliced
beets



Small cauliflower
florets



Sliced
radishes

2

Seasoning:
1 tablespoon
sugar and
1 tablespoon
salt; other
flavors optional



Salt



Sugar

Optional



Red pepper
flakes



Garlic
cloves



Fresh dill

Salt and sugar help to enhance the natural flavors of the vegetables as well as balance out a strong sour flavor from the vinegar. Add additional flavor with various seasonings, herbs, and spices.

1

Liquid:
1 cup water and
1 cup of vinegar



Water



Apple cider
vinegar



Rice vinegar



White
vinegar

Bring ingredients to a boil. Remove from heat and add vegetables. Cool for 2 hours then refrigerate



Glass or food-grade plastic containers work well for pickling. They should be air-tight and cleaned thoroughly before use.

Quick Pickling

Just about any vegetable can be quick pickled. This technique is versatile, quick, and a great way to stretch the life of some of your produce. To add a flavorful punch, recipes may call for pickled vegetables as an ingredient, such as a Banh Mi sandwich. Experiment with other non-traditional ways to use quick pickled vegetables: on top of burgers, salads, fried rice, omelets, and even soup.

Ideas

Banh Mi



Veggie Burger



3 Vegetables:
4 cups
thinly sliced
vegetables

**Quick-Pickled
Carrots and Radishes**



Carrot sticks



Sliced radishes

**Quick-Pickled
Spicy Onions**



Sliced red onions



Sliced jalapeños

2 Seasoning:
1 tablespoon
sugar and
1 tablespoon
salt; other flavors
optional



Salt



Sugar



Salt



Sugar



Garlic cloves

1 Liquid:
1 cup water and
1 cup of vinegar



Water



White vinegar



Water



Apple cider vinegar