

CRUNCH TIME

How To Pickle



Serve Information: 2 canning jars of Pickles

INGREDIENTS:

300g Small Lebanese cucumbers
1/4 Bunch dill leaves
1 Tsp black peppercorns
500ml Water
500ml White wine vinegar
1 Tbsp salt
1 Tbsp sugar
6 Heads of garlic

EQUIPMENT:

2 x approx. 500ml canning jars with lids
Tea towel
Chopping board
Sharp knife
3 saucepans
Oven mitts
Slotted spoon
2 heat-proof jugs

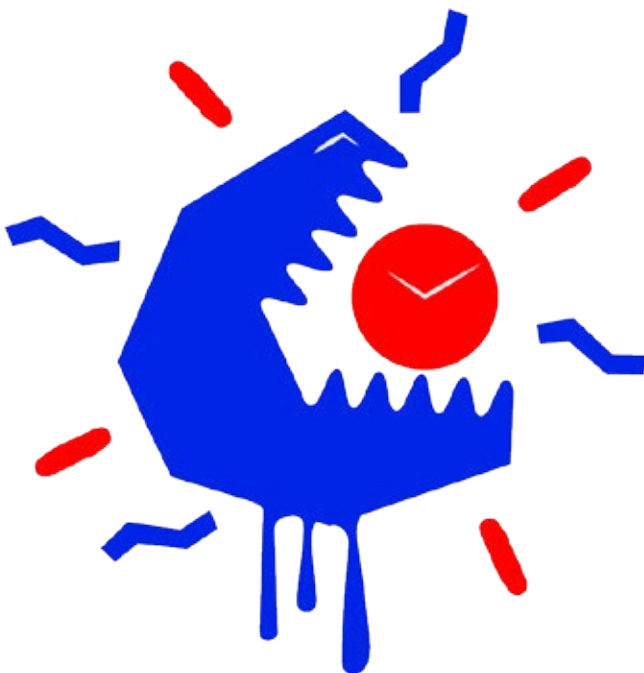


METHOD:

1. Thinly slice cucumbers
2. Layer the cucumber slices in a clean, dry canning jar alternately with the dill and peppercorns
3. Combine the water, vinegar, sugar and salt in a saucepan and bring to the boil
4. Carefully pour the hot liquid over the cucumbers in the jar
5. Remove any air bubbles from jar by gently tapping them and place the lid on to seal
6. Allow to cool before putting in the fridge and let rest at least one week before eating
7. To make the Pickled Garlic, separate the garlic cloves by gently pressing down until the cloves split apart from the head
8. pop the cloves out of their peels
9. Place garlic cloves into prepared jars
10. Combine vinegar, water, sugar and salt in a saucepan and bring to the boil
11. Carefully pour the hot liquid over the garlic in the jar
12. Remove any air bubbles from jar by gently tapping them and place the lid on to seal.
Allow to cool before putting in the fridge

ADDITIONAL NOTES:

Saucepan of boiling water
Ice water bath



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