

Seasonal pickles

Recipe by: Violeta Sandoval, Urban Sprouts

Ingredients

- 1/2 small cauliflower, 1 carrots, 1/4 onion (or any vegetables you have on hand)
- 1/2 cup apple cider vinegar
- 1/4 cup boiled water
- 3 dried bay leaves (optional, or any herbs you have on hand)
- 1/2 liter or 300ml glass jar
- 1 spoon Kosher salt, 1/2 teaspoon brown sugar, black pepper, and coriander seeds

Process

1. Wash, peel, and cut the vegetables as desired (slices, julienne, diamond, fingers, etc.).
2. Boil the vinegar and water with the peppercorns, bay leaf, salt, and sugar.
3. The jar should be clean, previously boiled, and dried.
4. Arrange the vegetables in the jar, decorating the edges, and place the garlic cloves and rosemary sprig in the center.
5. Add the boiling vinegar and water mixture and seal the jar.
6. Let it sit for 5 days before eating if you like it al dente; if you prefer it very soft, eat it after 10 days.

Chef's note

- If you wish to store it for 2 years, cook the freshly filled jars in a water bath. Once boiling, remove from the heat and place them upside down on a rack or something to allow air circulation. Let them cool completely; finally, store in a cool, dark place.
- Ideally, pickle or preserve seasonal fruits and vegetables. They're more economical, tastier, and perfect for when they're out of season or for making a thoughtful gift.
- Experiment with different vegetables like peppers, string beans, cucumber, jicama, radishes, cabbage and herbs like dill, rosemary, marjoram, lavender, tarragon, basil, and epazote.