

| Ingredients: <i>Yield: 4 liters (enough for 16 standard (500 ml) jars of pickles)</i> | Amount: |
|--|----------------------------|
| Water | 1 liter |
| Vinegar | 3 liters |
| Sugar | 2 liters |
| Salt | $\frac{3}{4}$ cup |
| Spices (<i>your preference</i>) | $\frac{3}{4}$ cup combined |
| Supplies: | |
| 1) Large pot with at least 5lt capacity 2) Large stainless-steel bowl or pot for straining hot brine (<i>if you are straining</i>) 3) Large non-reactive container to store the brine (<i>food grade plastic, glass, or ceramic.</i>) 4) Fine mesh strainer (<i>if needed</i>) 5) Steel ladle or glass 1 cup measure (<i>if you are jarring</i>) | |
| Method: | |
| 1) Bring water and vinegar to a boil in a well-ventilated area, stir in salt sugar and spices and simmer for 10 minutes 2) Remove from heat and allow to steep until desired intensity is achieved, then strain. | |
| Please note: <u>If you are doing a quick pickle for today's salad or tomorrow</u> , then use at room temperature or chilled. Toss in a bowl, cover and put back in the fridge until ready to use. <u>If you are pickling for preserving</u> , then bring back to a boil. Fill sterilized jars with raw vegetables or fruit and pour brine into filled jars straight off the boil. Fill right to the top, above the collar, and seal the lid. Allow to cool room temperature, then store up to 6 months. If you would like to have spices in your pickle 'for show', then add some directly to your pickle jar before you add the hot brine. | |

We would like to thank the Skwxwú7mesh Nation, upon whose unceded traditional territory Cheakamus Centre resides.
We value the opportunity to welcome others to learn, gather and share in nature on this traditional territory.