



## Pickling (Culinary)

### BIG IDEAS:

Today, you will **INVESTIGATE** the history of the **PICKLING PROCESS** and **PRACTICE PICKLING** by making your own **Quick Pickle Mix**.

### YOU WILL NEED:

- Vegetables, fruits, herbs and spices to pickle
- Vinegar
- Water
- Kosher Salt
- 8 oz. jar
- Culinary tools:
  - Knife
  - Cutting board
  - Spoon



#### Green Heart Quick Pickles

Choose your favorite vegetables and herbs to make this recipe unique!

#### Ingredients

Makes one 8 oz jar

- 1/2 lb vegetables (carrots, cucumbers, green beans, onions, etc)
- 1/4 cup water
- 1/4 cup vinegar (apple cider or distilled vinegar)
- 1/2 tsp pickling or kosher salt
- 1 tsp pickling spices (fennel seed, garlic, mustard seed, peppercorns, etc)

Additional fresh herbs!

#### Directions

- Place your choice of pickling spices and herbs at the bottom of a sanitized 16 oz jar.
- Chop vegetables into spears, rounds, or chunks. Fill jar with veggies.
- Stir together vinegar, water, and salt until salt dissolves to create brine.
- Pour brine over vegetables.
- Tap side of jar with a spoon to release air bubbles, seal jar with lid.
- Refrigerate for 48 hours-enjoy! *\*Keep refrigerated & eat within 2 weeks.*

- *Optional Taste- Test:* A raw veggie, fruit or herb that you put into your pickling mix. You can *compare* the flavor of your taste-test with the flavor of your pickles when they are ready.

**GROW MINDS, CULTIVATE COMMUNITY**



## WHAT TO DO:

1. **REVIEW:** The [Green Heart Rules of Respect](#).
2. **WATCH:** the [video](#) to explore the history and process of pickling, and to learn why the pickling technology is used. *If you watched this video during Planting A Pickle Garden lesson, rewatch it again to refresh your memory!*
3. **ANSWER:** the following **questions** in your journal, or discuss with someone:
  - Why do people use the technology of pickling?
  - What might happen if you try to keep a fruit or vegetable for a long period of time if it is not pickled?
4. **GATHER:** the ingredients and culinary materials that you will need for your pickling recipe.
5. **PLAN:** the type of pickles that you are going to make using the questions in the box below.

1. **PICKLE RECIPE NAME** (*get creative!*): \_\_\_\_\_
2. **WHAT VEGGIES, FRUITS, HERBS OR SPICES ARE YOU GOING TO USE?** *List here.*
3. **PICK ONE TYPE OF BRINE:** Sweet (apple cider vinegar) or Salty (white vinegar)
4. **PICKLE CUT** (pick one or select multiple for a mix of pickles!)

*Cubes*

*Spears*


*Rounds*





6. **PREPARE:** the [Green Heart Quick Pickles](#) recipe.

*\*Use your plan from STEP 6 and the directions on the recipe card below. Review your kitchen and knife safety [Cooking in the Kitchen Video](#) before you start cooking.\**



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7. (Optional) **DESIGN:** A label for your pickle jar that includes your recipe name.

8. **TASTE-TEST:** Try a raw fruit, vegetable or herb that you put into your pickling mix today in 3..2..1..Taste test! Now give it a Green Heart rating. **WATCH:** [How to Do a Green Heart Taste- Test](#).

9. **CLEAN-UP:** Respect your work space by putting your supplies back and cleaning up your space!

For Educator Notes and to “dig deeper,” see [here](#).