

Quick Pickles

INGREDIENTS

- 1 ½ cup white vinegar
- 1 ½ cup water
- ¼ cup sugar
- 1 tbsp salt
- Drizzle of honey
- Vegetables of choice (baby carrots, beetroots, cucumbers)
- 1 tsp each of flavourings of choice (or 1 tbsp each if using fresh herbs)

CUCUMBERS (800ml jar)

- 1 tsp peppercorns
- 1 tsp mustard seeds
- ½ small sliced pickling onion
- 3 sprigs fresh dill
- 3 Lebanese cucumbers quartered lengthwise

CARROTS (350ml jar)

- 1 tsp coriander seeds
- 1 tsp fennel seeds
- 1 tsp peppercorns
- 2 bay leaves
- 2 - 3 cloves of garlic smashed
- Medium bunch of baby carrots peeled and blanched quickly

BEETROOT (150ml jar)

- 1 tsp mustard seeds
- ½ tsp cloves
- 1 tsp peppercorns
- 1 tsp coriander seeds
- 2 sprigs thyme
- 3 - 4 beetroots boiled and peeled

INSTRUCTIONS

1. Add water, vinegar, sugar, salt and a drizzle of honey to a saucepan and bring to the boil
2. Allow to cool
3. Add the ingredients for each vegetable to a preserving jar and seal with the airtight lid