

Quick Pickling! (Asian + European)

INGREDIENTS

Basic Pickling Mixture

This recipe makes about 4 1/2 cups, double the recipe according to how large your jars are, keeping in mind that they will be filled with vegetables. Excess pickling liquid can be reserved for the next batch.

- 3 X 400-500ml sized jars, sterilised
- 2 cups white vinegar
- 2 cups water
- 1/2 scant cup sugar
- 2 tbs salt

Jar 1: Asian Style Vegetables

- 3 medium carrots
- 1 diakon, peeled OR 20 radishes, skin scrubbed
- 2 chillies, quartered length ways
- 1 inch piece of ginger, peeled and thinly sliced
- 1/2 red onion, thinly sliced
- 4 garlic cloves
- Basic Pickling Mixture (see above)

Jar 2: European Style Vegetables

- 1/4 cauliflower
- 10 radishes
- bunch of fresh dill
- 4 cloves of garlic
- 1 tbs coriander seeds
- 1 tbs peppercorns
- 1 tbs yellow mustard seeds
- Basic Pickling Mixture (see above)

METHOD (same for both)

Place trimmed and sliced vegetables into your glass jars and set aside. Make sure they are well packed so no more vegetables can squeeze in.

Bring salt, sugar, vinegar and water to the boil, stirring occasionally. Reduce heat to medium and simmer for 10 minutes before removing from the heat.

Place the vinegar mixture into a large jug then pour the mixture over the vegetables until the liquid nearly reaches the top of the jar. Place the spices and flavourings in the jars, then seal and shake gently to disperse the spices evenly. Allow jars to cool before placing them in the fridge, placing hot jars in a cold fridge may cause the jars to crack.

Chill for at least 2 hours, for the full effect of the pickling chill for at least 48 hours. Vegetables will keep refrigerated for about 3-4 weeks.

Try using other vegetables such as zucchini, cauliflower, beetroot, parsnip, turnips, radish, cucumber, or any other firmer vegetables. Flavour your jars with your favourite spice combinations and blends, i.e. jalapeño, dill seed, fenugreek, fresh ginger slices, galangal slices, celery seeds, whole cloves, cumin seeds, star anise, fresh herbs etc.

Marinated Feta

INGREDIENTS

- 2 X 200-250ml sized jars, sterilised
 - 2 cloves of garlic
 - 1 tsp coriander seeds
 - 1 tsp peppercorns
 - 1 tsp yellow mustard seeds
 - 1-2 chillies
- 250-300ml good quality Australian olive oil

METHOD

Using the flat side of a knife, bruise your garlic cloves. Next, divide garlic, chilli, peppercorns, coriander seeds and mustard seeds between the sterilised jars.

Drain feta on paper towel. Cut the feta into cubes, they can be as big or small you wish them to be. Place the feta into the prepared jars. Top with enough olive oil to cover the feta. Secure lid. Gently roll the jar to disperse the spices and flavourings. Keep refrigerated.