

Perfect Pickle



Ingredients

- 150g of your chosen vegetable or mix of veg, washed, and thinly sliced or chopped small
- 100ml of vinegar, any will do (you will get different flavours from each vinegar, and you will lose colour vibrancy if using a dark liquid).
- 100ml of boiling water
- Garlic clove crushed (optional)
- Small chilli pepper (optional)
- Bay leaf
- Tbsp sugar, or honey, or maple syrup (optional, but sharp without).
- ½ - 1 teaspoon of salt to taste
- Some spices – you can be **CREATIVE** here and use the spices you love, remember that these will mellow over time, but the flavour will be strong to begin with, so use sparingly, a quarter teaspoon is plenty, unless you really like that spice... try fennel with carrot, cumin and turmeric with cauliflower, or mustard seeds and chilli with onion.
- **GET CREATIVE** – try adding different ingredients small amounts at a time, then over time you will master your **PERFECT PICKLE**

Method

1. Put vinegar, spices, water, garlic, chilli, sugar, bay leaf in a small saucepan and bring to the boil over a medium heat.
2. Put your chosen vegetable into a bowl and sprinkle over the sugar and salt. Massage the vegetables gently for a few minutes then squeeze out the excess moisture.
3. Pack into the clean jam jar and pour in the vinegar mixture so that the vegetables are covered, seal with a lid and shake to combine. Leave to stand for 20 minutes before eating. Kept refrigerated the pickled will last 2 weeks.