



## COOKING CLUB 2019-2020: SIMPLY SANDWICHES

# *recipe*

## PICKLED VEGETABLES

SERVINGS: 18



### HOW WE USED IT:

This recipe can be used with other vegetables such as carrots, banana peppers, cabbage, etc. We added our pickled vegetables to VIETNAMESE BANH MI with grilled chicken strips and Asian salad dressing on ciabatta.

## *ingredients*

10-12 CUCUMBERS  
4 CUPS WATER  
2 CUPS WHITE VINEGAR  
2 TBSP SALT  
1 TSP SUGAR  
12 SPRINGS DILL WEED  
1 HEAD OF GARLIC, SMASHED  
10 PEPPERCORN KERNELS

### NUTRITION NUGGET:

Pickling vegetables (rather than cooking) preserves more of their nutrients and antioxidants!

## *method*

1. Slice cucumbers into 1/4 inch slices or spears. Set aside.
2. For brine: combine water, vinegar, salt, and sugar in medium saucepan. Bring to a boil and until sugar and salt dissolve. Remove from heat and cool to room temperature.
3. Add cucumbers to jars. Add dill, garlic, and peppercorns. Finish by covering the cucumbers with the brine and seal. Store in the refrigerator for at least one week to pickle.