



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

August 2015: Perfect Pickles!

Pickled Turnips

You can dial down the amount of garlic, but I like the slightly aggressive flavor of the slices in the brine. Use whatever white salt is available where you are, but avoid fine table salt as it's quite unpleasant and bitter. Gray salt will discolor the brine.

For those who like to tinker, although these are usually served as they are, a few sprigs of fresh dill, or dill flowers, in the brine will take them in a different direction. A hot pepper will add some zip.

- 3 cups (750 ml) water
- 1/3 cup (70 g) coarse white salt, such as kosher salt or sea salt
- 1 bay leaf
- 1 cup (250 ml) white vinegar (distilled)
- 2-pounds (1 kg) turnips, peeled
- 1 small beet, or a few slices from a regular-size beet, peeled
- 3 cloves garlic, peeled and thinly sliced

In a saucepan, heat about one-third of the water. Add the salt and bay leaf, stirring until the salt is dissolved.

Remove from heat and let cool to room temperature. Once cool, add the vinegar and the rest of the water.

Cut the turnips and beet into batons, about the size of French fries. Put the turnips, beets, and garlic slices into a large, clean jar, then pour the salted brine over them in the jar, including the bay leaf.

Cover and let sit at room temperature, in a relatively cool place, for one week. Once done, they can be refrigerated until ready to serve.

Storage: The pickles will keep for several weeks in the refrigerator. They'll be rather strong at first, but will mellow after a few days. They should be enjoyed within a six weeks after they're made, as they tend to get less-interesting if they sit too long.

Spicy Pickled Green Beans and Fennel

These hot and sour pickles make a perfect garnish for Bloody Beers

- 1 pound green beans, trimmed
- 2 tablespoons kosher salt plus more
- 1 fennel bulb, thinly sliced
- 1 lemon, thinly sliced, seeds removed
- 6 chiles de árbol or 1/2 tsp. crushed red pepper flakes
- 1 1/2 cups unseasoned rice vinegar
- 1/4 cup sugar
- 1 teaspoon black peppercorns

Cook green beans in a large pot of boiling salted water until just tender, about 3 minutes. Drain; transfer to a bowl of ice water and let cool. Drain. Place in a large heatproof jar or bowl with fennel and lemon slices.

Bring chiles, vinegar, sugar, peppercorns, 2 Tbsp. salt and 2 cups water to a boil in a medium saucepan; pour over green beans. Let cool. Cover and chill at least 12 hours and up to 2 weeks.

Taquería-Style Pickled Carrots

- 1/2 teaspoon cumin seeds
- 2 cups white wine vinegar
- 2 cups water
- 2 tablespoons plus 1 teaspoon kosher salt, divided
- 2 teaspoons dried Mexican oregano (or dried oregano)
- 1/2 teaspoon black peppercorns, lightly crushed
- 1 small red onion, peeled and cut into 1/8-inch slices
- 2 to 4 jalapeño chiles, quartered (seeded for less heat)
- 2 3/4 pounds carrots, peeled and cut on a bias 1/2 inch thick
- 8 garlic cloves, peeled
- 4 small dried red chiles (optional)

In a large, deep pot, add 4 pint jars and their lids. Cover with water and bring to a boil over high heat. Boil for 15 minutes. Turn off the heat. Use tongs to remove the pint jars and lids from the hot water. Turn the jars upside down onto a kitchen towel to drain.

While the jars sterilize, start the pickle: In a small skillet set over medium-high heat, add the cumin seeds and toast, stirring often, until the seeds are golden and fragrant, 1 to 2 minutes. Transfer to a small plate to cool.

To a medium saucepan, add the vinegar, water, 1 tablespoon plus 1 teaspoon of the salt, the oregano and crushed peppercorns and bring to a boil over high heat. Add the onion and jalapeños and turn off the heat.

Bring a large saucepan of water and the remaining 1 tablespoon of salt to a boil. Add the carrots and simmer until al dente, about 3 minutes. Drain the carrots in a colander and immediately transfer them to the saucepan with the vinegar and onions. Bring the ingredients to a boil, and then turn off the heat.

Divide the toasted cumin seeds, garlic cloves and red chiles (if using) among the 4 jars. Using a slotted spoon, divide the carrots and onions among the jars. Top with the hot vinegar, leaving 1/2 inch of headspace at the top of the jar. Fasten the tops onto the jars and refrigerate for up to 1 month.

Yield: 4 pints

Judy's Recipes

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Giardiniera Pickles

- 2 cups distilled white vinegar
- 1/4 cup granulated sugar
- 2 tablespoons kosher salt
- 3 serrano chiles
- 1 red bell pepper, seeded and cut into 1/2-inch dice
- 1/2 of a medium yellow onion, very thinly sliced
- 1-1/4 cups small (about 1/2-inch) cauliflower florets
- 1-1/4 cups very thinly sliced carrots (about 3 medium carrots)
- 2 medium celery stalks, very thinly sliced (about 1 cup)
- 2 garlic cloves, finely chopped
- 1 tablespoon whole yellow mustard seeds
- 1 1/2 teaspoons dried oregano
- 1/4 cup olive oil

Make the giardiniera: In a medium pot, combine the vinegar, sugar and salt, and bring to a boil. Add the chiles and cook until they are cooked through and the green color begins to dull, 8 to 10 minutes. Remove from the heat and allow the chiles to cool completely in the vinegar.

When the chiles are cool, slice into 1/4-inch-thick rounds. Reserve the pickling liquid.

In a mixing bowl, combine the pickling liquid with the sliced chiles and all remaining ingredients. Allow to marinate for 1 to 2 days before serving. Place in an airtight container and keep in the fridge for up to 2 weeks.

In Chicago, this is used as a condiment on Italian beef sandwiches. They are made with a lot more serrano chilies. I always keep these in the house and use as a condiment.

Yield: 5 cups

Prep Time: 1 hour

Cook Time: 10 minutes

Total Time: 1 hour and 10 minutes

Zucchini Pickles

- 1-1/2 cups apple cider vinegar
 - 1/2 cup sugar
 - 1 teaspoon ground turmeric
 - 1 teaspoon mustard powder
 - 1 teaspoon mustard seeds
 - 1 large zucchini, sliced into 1/8"-thick rounds, preferably on a mandolin
 - 1/2 large onion, thinly sliced
 - 2 tablespoons kosher salt
- Bring vinegar, sugar, turmeric, mustard powder, and mustard seeds to a boil in a medium saucepan, stirring to dissolve sugar. Let cool.

Toss zucchini, onion, and salt in a large bowl and let stand until zucchini releases moisture, 30–35 minutes. Pat zucchini and onion dry and transfer to a large jar. Pour pickling liquid over vegetables to submerge. Cover and chill at least 12 hours.

Keep chilled.

Market Pickles

- 1 1/2 cups rice vinegar
- 4 tablespoons granulated sugar
- 2 tablespoons kosher salt
- 1 teaspoon dried red pepper flakes
- 2 whole cloves
- 2 bay leaves
- 1 tablespoon yellow mustard seeds
- 3 medium cucumbers, thinly sliced
- 1 small yellow onion, thinly sliced
- 3 cloves of garlic, peeled and sliced
- 1 bunch fresh dill

In a small saucepan set over medium-high heat, combine the rice vinegar, 3/4 cup water, the sugar, salt, red pepper flakes, cloves, bay leaves and mustard seeds and bring to a boil, stirring occasionally, until the sugar dissolves, about 2 minutes. Cover the pan and remove from the heat. Set aside for 30 minutes.

In a sterile 5-cup glass jar, place the cucumbers, onion, garlic and dill. Set aside.

Place the saucepan over medium-high heat again and return to a boil. Pour the liquid over the cucumber mixture and set aside to cool completely, then cover and refrigerate until chilled. Refrigerate for up to 6 days.