
PICKLED
VEGGIES
Preserving the harvested

Contents

Preserving vegetables

- CRAFTSMANSHIP - PICKLING basics & usage ✓

Courses: Preserving vegetables
Collections: PURPOSE & HISTORY
Source: OCTOPUS OCEAN - Germany

Ingredients

As a fundamental first step before pickling vegetables, it is important to take the right precautions and understand the basics. This ensures not only the flavour but also the shelf life of the pickled vegetables.

▢ When serving pickled vegetables, always bear in mind that they are a versatile accompaniment. Pickled vegetables are wonderful in salads, go well with starters and can also add a special touch to soups or dips.

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Directions

▢ Choose the right vegetables is crucial. Make sure that the vegetables are fresh and of good quality. Popular vegetables for pickling include red onions, cucumbers, carrots, beetroot, courgettes, tomatoes, peppers & cauliflower.

▢ Preserving jars must be thoroughly cleaned and sterilised before use. First wash the jars with soapy water and then boil them for at least 10 minutes to ensure that all germs are killed.

▢ The pickling solution is usually a mixture of water, vinegar, salt and sugar. For a simple recipe, use a ratio of 3 parts water to 1 part vinegar, add salt & sugar to taste, and boil the solution briefly.

▢ Blanching is an important step in preserving the colour and texture of some vegetables. Bring water to the boil, add the vegetables briefly and then quickly cool them in ice water.

▢ To enhance the flavour of the pickled vegetables, add various spices and herbs such as mustard seeds, peppercorns, bay leaves, dill and garlic.

▢ Once the vegetables have been prepared and the solution has been boiled, start preserving. The vegetables are placed in sterilised jars, covered with the hot preserving solution and the jars are sealed. The heat creates a vacuum, which preserves the vegetables.

- CRAFTSMANSHIP - Carrot, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 12 Carrots
- ☐ 600 ml white wine Vinegar
- ☐ 300 ml Water
- ☐ 4 tbsp Honey
- ☐ 2 tsp Salt
- ☐ 4 dried Bay leaves
- ☐ 2 tsp Fennel seeds

ASSESSEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

Cutting carrots into JULIENNE **strips**

Fine, even strips approximately 1.5 to 3 mm wide and 3 to 5 cm long.

Preparation:

Wash the carrots thoroughly and peel them. Cut off the ends.

Cutting:

Cut the carrots into pieces approximately 3 to 5 cm long. This makes it easier to cut them into strips.

Slice:

Cut each piece into fine slices that are 1.5 to 3 mm thick. To obtain longer strips, you can also cut the slices diagonally.

Cut into strips:

Place the sliced pieces on top of each other and then cut them into rectangular strips. Make sure the strips are even so that they cook evenly.

Cooking steps:

Heat the remaining ingredients in a saucepan until the honey and salt have dissolved and the liquid is boiling. Place the carrots in a jar and pour the pickling liquid over them. Seal the jar properly.

Wait until the jars have cooled down, than store it in the refrigerator.

NOTES

It's great to keep pickles in the fridge, as they complement many recipes very well.

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- CRAFTSMANSHIP -
Red onion, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 300 g Onions red
- ☐ 260 ml white wine Vinegar
- ☐ 40 ml Lemon juice
- ☐ 2-4 slices of Lemon peel
- ☐ 300 ml Water
- ☐ 2 tbsp Sugar
- ☐ 2 tsp Salt
- ☐ Spices of your choice

- ☐ 2 preserving jars
  (e.g. from Weck, or normal jar that you have in your cupboard)

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

Peel the onions and cut them into thin rings with a knife or Mandoline, then place them in a jar with some lemon zest.

Bring the vinegar, water, sugar, lemon juice, salt and spices of your choice to the boil.

Allow to cool briefly and pour over the onions. Press the onions down with a spoon, making sure they are completely covered with the liquid.

Seal the jar & leave the onions to marinate for at least 2 hours, but preferably overnight.

NOTES

Shelf life:

If you use a sterilised jar and always remove the onions with a clean fork, they will keep in the fridge for several weeks. However, I find that they taste best when fresh, so I prefer to make smaller quantities. They also lose their bright colour after about a week.

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https://heavenlynnhealthy.de/eingelegte-pinke-zwiebeln/

- CRAFTSMANSHIP -
Cucumber, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 750 ml white Vinegar
- ☐ 575 ml Water
- ☐ 2,5 tbsp Salt
- ☐ 3 tbsp Mustard seed
- ☐ 3 tbsp Coriander seed
- ☐ 3 tbsp Peppercorn
- ☐ 2 Bay leaves
- ☐ 600 gr English Cucumbers sliced into 1,3 cm rounds
- ☐ 4 Spring Onions trimmed & chopped (white & green parts)
- ☐ 3 Jalapeno Peppers, removed seeds, sliced into rounds
- ☐ 6 Garlic cloves minced
- ☐ Few sprigs of fresh Dill

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

-1- Get the veggies ready.

Wash the cucumbers, spring onions , dill & Jalapeno peppers under cold running water to remove any dirt & packaging residues. Spin dry the dill.

Cut the veggies in specifies shapes.

-2- Prepare the brine.

Put the vinegar, water, salt, mustard, coriander, peppercorn, and bay leaves in a saucepan. Over high heat, bring to a boil. Reduce the heat & simmer for 10 min. Take off the heat & let it to cool.

-3- Put veggies and cucumbers in jars. Tightly pack the cucumbers, green onions, jalapenos, garlic, and a few springs of dill into a few wide-mouth jars.

-4- Fill the jars with the brine.

Use the back of a spoon to push the cucumbers down so they are submerged as you ladle the brine into the jars to cover them. To let the cukes settle & release any air bubbles, give the jars a few knocks.

-5- Tightly cover & chill. Place the jars in the refrigerator after carefully covering them with their lids. Let them sit in the refrigerator for an entire night before using.

NOTES

English cucumbers are distinguished by their long, thin shape and are frequently referred to as "burpless" or "seedless" cucumbers. These cucumbers have a thin, delicate skin that doesn't need to be peeled, and they taste mildly sweet.

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- CRATFSMANSHIP -
Garlic, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 300 gr Garlic, peeled
  no brown spots whatsoever
- ☐ a pinch of dried Chilli flakes
  or 1 whole dried Chilli
- ☐ 200 ml cider vinegar
- ☐ 50 gr Sugar
- ☐ 8 black Peppercorns
- ☐ ½ tsp Mustard seeds

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

1. Place the peeled garlic cloves in the sterilised jars. Add a small amount of dried chillies (or alternatively 1 whole dried Chilli) to the jars. Place the jars in a shallow pan and set aside.

(This is a safe way to pour in hot liquid without scalding yourself or spilling it).

2. In a saucepan, combine the vinegar, sugar, mustard seeds, and peppercorns. After giving it a good stir, put the pot on high heat and bring it to a boil. After it reaches a boil, lower the heat a little and keep it going for 2 minutes.

This is the pickling liquid.

3. Pour the hot pickling liquid all over the garlic cloves.

4. Put vinegar-proof lids on the jars and keep them in a dry, dark area for at least two weeks.

Make sure the brine stays all over the garlic.

5. For a year, the pickled garlic will remain in the pickling juice.

NOTES

One of the most celebrated benefits of garlic pickle is its impact on heart function. Garlic naturally lowers LDL cholesterol, prevents arterial plaque build-up, and regulates blood pressure. When fermented and consumed regularly, the allicin in garlic helps strengthen cardiovascular health.

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- CRATFSMANSHIP -
Beetroot, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

You should try this recipe! You'll have tasty pickled beets to use on salads, sandwiches, and more after making this really simple dish!

They also have a long shelf life!

- ☐ 6 medium Beets
- ☐ 375 ml white wine Vinegar
- ☐ 750 ml Water
- ☐ 180 gr Sugar brown
- ☐ 3 tsp Coriander seeds
- ☐ 1.5 tsp Mustard seeds
- ☐ 1.5 tsp black Peppercorns

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

First, you will need to prepare the beets. Wash the beets thoroughly, scrub them, and put them in a steaming basket. Put 5 cm of water into your pot. Put the steaming basket with the beets into the pot. Put on the lid and steam until the beets can easily be pierced with a fork. Place the beets in cold water and when they have cooled sufficiently for you to handle them, remove their skin. Slice the beets into pieces 0,6 cm thick and put them in a clean jar.

Prepare the brine by mixing together white wine vinegar, brown sugar, 250 ml of water, coriander seeds, mustard seeds, and black peppercorns. Warm it up until the sugar has dissolved. Watch out for the fumes, since the vinegar has a strong smell.

Leaving the 1,25 cm top of the jar empty, pour the mixture over the beets. After letting it settle at room temperature for an hour, place it in the refrigerator for three days.

NOTES

With very little effort, you can prepare pickled beetroots, which are a deliciously tangy complement to any dish!

White Wine Vinegar – helps to pickle the beets.

Water – just enough to cover.

Brown Sugar – adds to the natural sweetness of the beetroot.

Coriander Seeds – give a bit of a citrusy flavour.

Mustard Seeds – bring a great depth of flavour.

Black Peppercorns – are just a bit spicy with some sweetness as well.

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- CRATFSMANSHIP -
Bell pepper, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

- ▢ 900 gr bell Peppers
  The amount will vary depending on how you chop them
- ▢ 250 ml white Vinegar
- ▢ 250 ml Water
- ▢ 4 Garlic cloves, chopped
- ▢ 3 tbsp black Peppercorns
- ▢ 2 tbsp Salt
- ▢ 2 tbsp Sugar

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

-1- Wash & pat dry the bell peppers.
Chop the big ones into smaller pieces. Leave little peppers intact as long as you make holes in them so the pickling solution can get inside.
Place them all in a jar that has been cleaned.
-2- Add the vinegar, water, garlic, peppercorns, salt, and sugar to a big pot. Mix well.
-3- After quickly bringing to a boil, lower the heat & simmer for two min. Cool a little.
-4- After adding the brine to the jar and covering the peppers, cover it tightly with a lid.
-5- Refrigerate & cool.

NOTES

Any kind of pickled pepper is a nice complement to many dishes. They give salads, sandwiches, pizza toppings, and even snacks a burst of peppery, briny flavour.

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- CRATFSMANSHIP -
Chili, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

Easy quick pickled chillies

- ☐ 1,500 g (3lbs) Chillies / Peppers evenly sliced
- ☐ 375 ml Vinegar white
- ☐ 375 ml Water
- ☐ 250 gr Sugar
- ☐ 6 tsp Salt
- ☐ 3 tsp Mustard seeds
- ☐ 3 tsp Coriander seeds
- ☐ 6 Bay leaves

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

Put the bay leaf and chillies/peppers in a 475 ml jar that has been heated & sterilized.

In a saucepan, bring the vinegar, sugar, water, salt, and spices to a boil.

Cover the chillies with a ladle of hot pickling liquid.

Because the jar will be hot, carefully tighten the lid with a band or cloth, then let it cool to room temperature.

NOTES

Add pickled peppers or chillies to sandwiches, tacos, nachos, and pizza. They are also a great peppery addition to cheese and charcuterie boards and go well with stir-fries and rice recipes. The pickling liquid tastes great in marinades and sauces.

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- CRATFSMANSHIP - Ginger, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

It's one of the best superfoods with countless advantages, in addition to being fantastic for giving meals a crisp, punchy bite!

- ▢ 200 g Ginger, fresh / young
- ▢ 2 tsp Salt
- ▢ boiling Water - to cover the ginger

Pickling Liquid:

- ▢ 60 gr Sugar (caster/superfine)
- ▢ 120 ml Rice wine vinegar
- ▢ 60 ml water

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

To make pickled ginger

Remove the skin with a teaspoon.

Eliminate any remaining imperfections or brown patches. Slice the ginger into pieces using a **Mandoline** on a super-thin setting, a sharp knife, or a vegetable peeler.

Place the ginger slices in a small heatproof bowl and season with salt. After stirring, let it sit for five min.

After adding just enough boiling water to cover the ginger, let it sit for an additional two minutes.

After draining the water, squeeze any extra liquid from the ginger with your hands after it's cold enough to handle.

While you create the pickling liquid, set aside the ginger to drain further on a paper towel.

Put the rice wine vinegar, sugar, and water in a non-reactive pot to make your pickling liquid.

Stir to melt the sugar over medium heat.

Boil for 30 seconds after raising the heat.

After the ginger pieces have been sterilized, carefully cover them with the hot pickling liquid.

Before putting the jar in the fridge, seal it & let it cool for half an hour on your kitchen bench.

Once the pickled ginger has cooled, it can be consumed, but I advise waiting at least a day to let the flavours meld and develop.

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- CRATFSMANSHIP -
Red Radish, pickled ✓

Courses: Preserving vegetables
Collections: Healthiness
Source: OCTOPUS OCEAN - Germany

Ingredients

- ☐ 1 bunch Radishes,
  washed & cleaned & thinly sliced
  (12-14 radishes)
- ☐ 3 Garlic cloves,
  peeled & smashed
- ☐ 1 Jalapeño pepper,
  halved lengthwise (optional)
- ☐ 125 ml Vinegar, white
- ☐ 125 ml Water, warm
- ☐ 2 tbsp Sugar
- ☐ 2 tsp Salt

Equipment

0.5 liter jar with lid
Knife & cutting board or mandoline
liquid measuring cup

ASSESSEMENT

PROCESS good / fair / bad
TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

EDUCATION

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Directions

Before using any jars or jar lids, sterilize them in a bath of boiling water - at almost 100° C.

-1- Put the radishes, garlic, and Serrano or Jalapeño pepper (if using) in a covered container.

-2- Mix the vinegar, water, sugar (if using), and salt in a liquid measuring cup.

-3- Fill the radish jar with the vinegar mixture.

-4- Until the desired flavour is achieved, cover the jar and place it in the refrigerator for at least half an hour. (It is preferred to soaked the radishes for at least an hour.)

NOTES

Get ready up to five days ahead of time.

Crisp and tangy, these Quick Pickled Radishes don't need to be canned and can be prepared in only half an hour! Made with basic ingredients like vinegar, garlic, and a little maple syrup, they give salads, tacos, grain bowls, and sandwiches a vibrant burst of flavour. Naturally gluten-free, vegan, and simple to personalize.

The key to adding a little excitement to every meal is pickled radishes. They are particularly appreciated in the spring, when radishes are at their best, as they provide brightness, crunch, and a splash of colour.

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