

Love Apple Farms

Pickle Recipes by Cynthia Sandberg

Refrigerator Garlic Dill Pickles (Recipe demoe'd in class):

Makes 3 pints

Ingredients:

2 pounds Kirby cucumbers

1 1/2 cups apple cider vinegar

1 1/2 cups water

2 tablespoons pickling salt

6 garlic cloves, peeled (2 per jar)

1/4 teaspoon crushed red pepper per jar (3/4 teaspoons total)

1 teaspoon dill seed per jar (3 teaspoons total)

1/2 teaspoon black peppercorns per jar (1 1/2 teaspoons total)

Procedure:

1. Wash and slice the blossom end off the cucumber. You may leave them whole or slice them any way you'd like.
2. In a large saucepot, combine vinegar, water and salt. Bring to a simmer.
3. Arrange jars on sterilized jars on counter and dole out the spices to each. Pack the cucumber slices firmly into the jars. You don't want to damage the cukes, but you do want them packed tight.
4. Pour the brine into the jar, leaving approximately 1/2 inch headspace.
5. Tap jars gently on countertop to dislodge any trapped air bubbles.
6. Apply lids and let jars cool. When they've returned to room temperature, place jars in refrigerator. Let them sit for at least one week before eating. They can last in fridge for up to 90 days.

We brought out some pickled beets and green beans for lunch. A lot of you wanted to know what those recipes were. Here they are below.

Recipe for Pickled Beets

3.5 lbs of beets
2 cups vinegar (5 percent)
3/4 teaspoons canning or pickling salt
1 cup sugar
1 cup water

Yield: About 4 pints (one pint = 2 cups)

Procedure: Trim off beet tops, leaving 1 inch of stem and roots to prevent bleeding of color. Wash thoroughly. Sort for size. Cover similar sizes together with boiling water and cook until tender (about 25 to 30 minutes). Caution: Drain and discard liquid. Cool beets. Trim off roots and stems and slip off skins. Slice into similarly-sized chunks. Combine vinegar, salt, sugar, and fresh water. Bring to a boil. Add beets and simmer 5 minutes. With a slotted spoon fill jars with beets, leaving 1/2-inch headspace. Add hot vinegar solution, allowing 1/2-inch headspace. Adjust lids and process 10 minutes for pints.

Pickled Dilled Beans

4 lbs fresh tender green or yellow beans (5 to 6 inches long)
8 to 16 heads fresh dill or fennel fronds
8 cloves garlic (optional)
1/2 cup canning or pickling salt
4 cups white vinegar (5 percent)
4 cups water
1 tsp. hot red pepper flakes (optional)

Procedure: Wash and trim ends from beans and cut to 4-inch lengths. In each sterile pint jar, place 1 to 2 dill heads and, if desired, 1 clove of garlic. Place whole beans upright in jars, leaving 1/2-inch headspace. Trim beans to ensure proper fit, if necessary. Combine salt, vinegar water, and pepper flakes (if desired). Bring to a boil. Add hot solution to beans, leaving 1/2-inch headspace. Adjust lids and process pints for 10 minutes in water bath. Yield: About 8 pints