

# How to Make a Basic Pickling Brine

Prep Time: 10 minutes



In the most basic of terms, pickling is a type of food preservation that uses vinegar. Like most things, there are more complex variations of the process but quick pickling is just that, quick. A basic pickling brine for refrigerated pickled vegetables is a simple ratio of 3:2:1 and is a snap to make. Pickled vegetables will last 3-4 weeks when refrigerated.

## Ingredients

- 3 parts vinegar (acid)
- 2 parts water
- 1 part sugar/sweetener
- salt (kosher or pickling)

For example:

- 1 cup vinegar, 2/3 cup water, 1/3 cup sugar, 1 tsp salt

Add in suggestions (optional): pickling spices, garlic, fresh or dried herbs, peppercorns, red pepper flakes, cloves, cinnamon sticks, mustard seed

## Steps

1. Heat water and dissolve sugar and salt in hot water, add vinegar and mix well. Add optional add-in ingredients, if using. Let cool to room temp.
2. Pour pickling brine over prepped vegetables, cover, refrigerate and let sit at least one hour before serving.

Chef's tips:

- 1) Experiment with different vinegars - white, apple cider and red wine are best. If using a low-acid vinegar like rice wine, use 1/3 more vinegar and 1/3 less water.
- 2) Different sugars and sweeteners may be used. Adjust sweetness with choice of vegetable. For example, aim for a sharp/tart or a sweet/hot flavor profile.