

How to Make a Basic Pickling Brine

Prep Time: 5 minutes

Cook Time: 15 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.



Vermont Foodbank