

QUICK PICKLE VEGETABLES



WHY WE LOVE THIS RECIPE
Pickles are a great addition to our FEAST savoury recipes. They also make a great gift.

INGREDIENTS

- 1 ½ cups water
- 1 ½ cups white vinegar
- 1 ½ tablespoons sugar
- 1 ½ teaspoons salt
- 1 carrot
- 1 cucumber
- 10 green beans
- 1 teaspoon celery seeds (optional)
- 1 teaspoon coriander seeds (optional)
- Fresh dill or parsley stalks from your home or school garden (optional)

ACTIVITY

Work out how big your jar is by filling with water and then using a measuring cup, measure the water. The jars should be 250mL or 1 cup.



FOOD WASTE TIP
Any vegetables can be pickled. Carrots, cherry tomatoes, asparagus - it's up to you!

EQUIPMENT

- Chopping boards
- Knives
- 5 x 250mL jars, washed and dried
- Measuring cups
- Measuring spoons
- Mixing bowl
- Mixing spoon

SKILLS

- Measuring
- Slicing
- Mixing
- Pickling
- Preserving

STEPS



1 Slice the cucumber and carrot lengthways so they are on a flat surface. Cut into semi-circle pieces. Cut each bean into 3 pieces.



2 Optional: distribute the celery seeds and coriander seeds evenly amongst the 5 jars and add dill or parsley stalks.



3 Distribute vegetables evenly into the 5 jars.



4 Mix water, vinegar, salt and sugar in a large mixing bowl. Stir until sugar and salt have dissolved.



5 Pour mixture evenly amongst the jars using measuring cups. Put on the lid and store in fridge.



6 Pickles will be ready to eat in 2 days and can be kept in the fridge for 2 weeks.