



How to Pickle Vegetables

1. Decide what vegetables you are going to pickle. You can use carrots, pearl onions, sliced onions, green beans, garlic cloves, cauliflower, chilies or small cucumbers.
2. Prepare your vegetables. Peel and cut the carrots into sticks; peel the onion; trim the green beans; peel the garlic cloves; separate the cauliflower into florets and wash the chilies and cucumber.
3. Place your vegetables of choice in a bowl and generously add salt. Rub the vegetables in the salt making sure you coat all of them. Leave them in the bowl for a minimum of two hours or until overnight.
4. Place the salted vegetables in a pot and add some bay leaves and whole peppercorns. Cover the vegetables with white vinegar and turn on the heat. Turn off the heat as soon as you start noticing tiny bubbles on the sides of your pot and the vinegar is beginning to boil. Allow the vegetables and the vinegar to cool down.
5. Store your pickled vegetables in a closed jar in the fridge for five days before enjoying. This will last you for weeks and weeks and weeks in the refrigerator.