

## Pickling Vegetables

Pickling is the process of preserving or expanding the lifespan of food by either **ANAEROBIC FERMENTATION** in a brine or immersion in vinegar. In pickling vegetables the **FERMENTATION** process uses microorganisms to break down sugar and convert the food to a **LACTIC ACID**.

This cooking class will experiment with Pickling: **Cucumbers, Carrots, String Beans, and Tomatoes**. Students will make A brine mixture of vinegar, salt, fresh herbs and dried spices for each vegetable. Each brine mixture will use a different type of vinegar, herb, and spice combination. Students will put the vegetables in jars with the desired brine mixture and store the jars in the FRIDGE. NEXT WEDNESDAY FEBRUARY 15<sup>th</sup> Students will take out vegetable jars from fridge and put on a pickled food sampling event where all students will sample the pickled vegetables.

## Brine Mixtures

### Cucumbers

First Slice cucumbers long ways into spears. Make 3 spears per 1 cucumber then cut each spear in half. A total of 30 cucumbers should result. ( wait for adult demonstration before starting).

Add the following ingredients to a Mason Jar:

4 cloves garlic- finely chopped

1 teaspoon mustard seed

2 teaspoons fresh dill

1 cup cider vinegar

1 cup water

1 ½ tablespoons salt

Make 3 Jars with 10 pickles in each jar. Seal jars and store in Fridge.

## Carrots

First determine how many baby carrots are in the bag ( count them).

Then determine about how many will fit in a jar. Determine how many jars you need.

Next make brine: Add the following ingredients to each jar.

2 teaspoons Rosemary

1 teaspoon coriander

Bring to boil 1 cup rice vinegar,1 cup water ( change measurements to have enough for total number of jars).

Add carrots to each jar and pour 2 cups liquid in each jar. Seal, let cool and refrigerate.

## String beans

First use your hands to remove string bean stems and break string beans in half. Count total number of string beans ( after breaking in half). Determine how many string beans will fit in each jar and how many jars are needed.

Add the following ingredients to each jar:

1 teaspoon fresh dill

1 teaspoon black peppercorns

1 teaspoon coriander

Bring 1 cup water and 1 cup white vinegar to a boil. ( change measurements to have enough liquid for total number of jars).

Fill Jars with string beans and pour liquid into jars. Seal and let cool and refrigerate.

Place string beans in jars. Seal jars and refrigerate.

## Tomatoes

First count tomatoes and determine how many will fit in a jar. Determine how many jars are needed.

Add the following ingredients to each jar:

1 clove garlic finely chopped

2 teaspoons Rosemary

1 teaspoon mustard seed

1 teaspoon black peppercorns

1 cup rice vinegar

1 cup water.