

# Food skills

## Pickling

A process of preserving or making food last longer by either using salt or vinegar. Pickling methods usually alter the food's texture and flavour. Foods that can be pickled are vegetables, fruit, eggs and meat.

Flavourings such as fresh and dried herbs and spices add flavour. Choose larger pieces of flavourings that can be removed easily after pickling.

The pH acidity of the food needs to be kept below 4.6 to kill the bacteria on the food. This is done by adding vinegar which is acidic. A commonly used ratio for pickling is two thirds vinegar (4% by volume of acetic acid) and one third water. However, the amount of vinegar used can be increased to the level where no water is added as with pickled onions.

Pickled food will keep for months unopened in a cool dark place. But once opened the food needs to be kept in the fridge.

## How to pickle small onions



Peel, wash and dry 1kg of baby onions. Place into a large clean bowl and sprinkle with  $\frac{1}{4}$  cup plain salt. Leave overnight in a cool place. Rinse the onions well with water. Drain and pat dry.



Pack the onions into hot jars that have been sterilised. Add pickling spice, fresh garlic and chilli to each jar. Bring 4 cups white vinegar to the boil. Pour over the onions. Remove the air bubbles. Top up the liquid to overflowing and screw on the lids. Keep 4-6 weeks before using.

## Foods that can be pickled



Fish



Eggs



Lemons



Mixed vegetables



# Pickled vegetables

Makes 4 x 300ml jars

## Ingredients

### Any washed vegetables e.g.

1 carrot, peeled and sliced

1 red capsicum, sliced

1 cucumber, sliced

1 red onion, peeled and sliced

### Flavourings

1 small piece of dried whole spices e.g. cinnamon, star anise, 2 – 3 cloves

2 slices fresh spices e.g. ginger, garlic, turmeric

2 herb leaves e.g. lemongrass, kaffir lime leaves, bay leaves

### Vinegar mix

1 tablespoon sugar (optional)

2 cup vinegar (white or cider)

1 cup water

## Method



Cut vegetables into bite-sized pieces. Use any raw, blanched or cooked vegetables.



Add the sugar to the vinegar and water. Stir until the sugar is dissolved. Pour over the vegetables until all the vegetables are covered.



Pack vegetables tightly into clean, sterilised jars. Choose any of the flavourings and add to each jar of packed vegetables.



Fasten the sterilised lid onto the jar. Store in a cool dark place. Leave for a week before opening. Once open, store in the fridge.

For more recipe ideas and cooking tips visit [heartfoundation.org.nz/recipes](http://heartfoundation.org.nz/recipes) and [vegetables.co.nz](http://vegetables.co.nz)