

ABOUT PICKLING

What makes a pickle a pickle? Basically, any food soaked in acid or salt solutions that help prevent spoilage.

Two types of pickling:

1. Food soaked in vinegar (acetic acid solution)
2. Foods soaked in a salt brine, that allows for growth of good bacteria to use the sugars in vegetables to produce tart-tasting lactic acid

Pickling is used all over the world to preserve food.

Historically, this process has been used to help protect extra food for long winters, famine and other times of need.

Pickling was used over two thousand years ago by workers building the Great Wall of China to secure food supply.

The process of pickling changes the texture and taste of foods to make them more interesting and tasty.

Did You Know?

The evolution of the many different pickled foods in different cultures has contributed to unique cultural food preferences, such as spicy sour tastes in Southeast Asia and acidic flavors in eastern Europe.

Reference:

<https://www.exploratorium.edu/cooking/pickles/pickling.html>



Pickling Around the World!



Sauerkraut



Salted Herring



Cornichon



Kimchi



Giardiniera



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PICKLING TIPS AND TRICKS

Pickling requires safety measures to avoid contamination and needs to be prepared and bottled carefully. Here are some tips and tricks to assist you making and storing safe and delicious pickles.

Choosing Ingredients and Recipes

- For best results, always use the freshest vegetables, herbs and spices without any bruises or blemishes.
- If using cucumbers, be sure to select fresh and firm units. Cut and discard 1/16-inch slice from the blossom end. Blossoms may contain an enzyme that softens a cucumber while pickling.
- Measure or weigh each ingredient carefully as the proportions will affect flavor and safety.
- Refer only reliable recipes with tested proportion of ingredients. Do not alter vinegar, vegetables, or water proportions.
- Use salt without iodine. Pickling kosher salt is ideal.
- It is important that you use commercial white vinegar with at least 5% acidity. Do not use vinegar with unknown acidity.
- Use only soft or bottled water. Hard water has high levels of minerals and choline that can impact the acidity and food safety of your pickles.

Cleaning

- Wash your hands with soap and warm water for atleast 20 seconds.
- Wash vegetables that you are going to pickle thouroungly under running water.
- Clean kitchen surfaces, cooking equipments and utensils to avoid any contamination.

Storing

- Use only sterilized containers with tightly-sealed lids to avoid contamination.
- Avoid materials that can potentially react with acid and salt causing a chemical reaction. Avoid containers and utensils made of copper, iron, zinc, or brass.
- Add a label with date on the container before you store your pickles.
- All properly canned or bottled foods within one year for best quality.

References:

- <https://www.canada.ca/en/health-canada/services/general-food-safety-tips/home-canning-safety.html#a6>
- <https://www.exploratorium.edu/cooking/pickles/tips.html>



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COMMON FOODS USED FOR PICKLING

Here are some suggestions for vegetables, fruits, herbs and spices for pickling

Fruits and Vegetables



Artichoke hearts



Asparagus



Beans



Beets



Cabbage



Capers



Carrots



Cauliflower



Cherries



Lemons



Oranges



Lime

Citrus



Corn (relish)



Cucumbers



Eggplant



Fiddlehead ferns



Figs



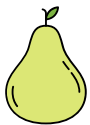
Okra



Onions



Peaches



Pears



Peppers



Radishes



Tomatoes

Herbs and Spices



Cinnamon sticks



Bay leaves



Chili peppers



Black peppercorns



Yellow mustard seeds



Fennel seeds



Whole allspice



Whole cloves



Coriander seeds



Fenugreek,



Dill Seeds



Turmeric



Celery seeds



Dill leaves,



Ginger



Horseradish



Garlic



Thyme



Cardamom



Cilantro



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