



PICKLING!

Prepare for the Workshop

- Assemble your ingredients and clean off a work surface
- We recommend pre-measuring your ingredients and laying them out in small bowls or containers
- Read through the entire recipes, start to finish, before class begins

Ingredients & Equipment

Ingredients:

- kosher salt
- yellow mustard seeds (1/2 teaspoon)
- whole black peppercorns (1/2 teaspoon)
- bay leaf (1 dried or fresh)
- fresh dill (2 sprigs)
- garlic (3 cloves)
- kirby cucumbers (1-1 ½ pound) or green or pole beans (1 pound)
- one small cabbage [optional]

Equipment:

- 1 wide-mouth jar with lid (bring a second jar if you have it!)
- Measuring spoons
- Something to weigh down your pickles (a zip-top bag or a small glass jar that fits inside your other jar)

NATURALLY FERMENTED SOUR PICKLES (with green bean alternative)

Makes 1 jar of pickles

This recipe calls for Kirby cucumbers, though any pickling cucumber will do (Persians work well). It can also work with green beans and you can even mix and match. Be sure that the cucumbers or beans you purchase are as fresh and thin as possible for best results.

Ingredients:

2 cups filtered water
1 tablespoon plus 1 teaspoon Diamond-brand kosher salt, plus more if needed
1/2 teaspoon yellow mustard seeds plus more if needed
1/2 teaspoon whole black peppercorns
1 bay leaf (dried or fresh)
2 sprigs fresh dill
3 garlic cloves, crushed
1 pound kirby cucumbers (or 1 pound green or pole beans)

Equipment:

1 wide-mouth mason jars
Measuring spoons

Instructions:

1. Pour the filtered water into a clean wide-mouthed quart-size jar. Pour the salt into the water, cover with a tight-fitting lid and shake to dissolve the salt.
2. Add the mustard seeds, peppercorns, bay leaf, dill, and garlic, then add the cucumbers (or green beans). Pack the cucumbers (or beans) in tightly, squeezing as many as possible into the jar, making sure the brine covers the vegetables. If it doesn't cover the cucumbers (or beans), mix a heaping 1 1/2 teaspoons of salt with 1 cup of water, then pour in enough to cover the vegetables. Seal the jar.
3. Let the cucumbers (or beans) sit at room temperature for 5 to 7 days, briefly opening the jar once every couple of days to "burp" it (releasing carbon dioxide). You'll notice that the cucumbers (or beans) will turn pale after about 2 days. The time the vegetables take to ferment fully will vary depending on air temperature and elevation. Taste them each day after the fifth day until the desired level of sourness is reached. The brine will begin to appear cloudy and may be a bit fizzy. That's fine.
4. When you are happy with the taste of the cucumbers (or beans), remove all white yeast or mold from the top of your jar, if any has appeared. Cover the jar and place the pickled vegetables directly in the refrigerator. They will keep for up to 6 months.

Sauerkraut [we'll move through this quickly, so it's mostly for your future reference!]

Makes 1 jar of kraut

Ingredients:

3 pounds green and/ or purple cabbage (about 1 small head)

1 ½ tablespoons Diamond-brand kosher salt, plus more if needed

Equipment:

1 wide-mouth mason jar

Measuring spoons

Fermentation weight (or a zip-top bag or a small 6 oz glass jar)

Instructions:

1. Remove any dirty or discolored outer leaves from the cabbage and rinse the head under cold water. Using a long, sharp knife, slice off the stem of the cabbage, carefully quarter the cabbage, and remove the core.
2. Using a knife or a mandoline, slice the cabbage quarters into long, thin shreds, the thinner the better, placing the cut pieces in a large bowl as you work. Sprinkle the salt into the bowl and, using clean hands, coat the shredded cabbage with the salt, pressing down occasionally to release liquid. You'll notice quickly that the cabbage begins to "sweat" and reduce in volume.
3. Using a knife or a mandoline, slice the cabbage quarters into long, thin shreds, the thinner the better, placing the cut pieces in a large bowl as you work. Sprinkle the salt into the bowl and, using clean hands, coat the shredded cabbage with the salt, pressing down occasionally to release liquid. You'll notice quickly that the cabbage begins to "sweat" and reduce in volume.
4. Mix in the spice of your choice (if using). Pack the cabbage and any liquid from the bowl into two separate wide-mouthed quart-size jars or a small ceramic crock. Be careful not to lose any liquid. (A canning funnel helps avoid spills.) Pack tightly, pushing on the cabbage forcefully with your fingers or fist to release more liquid and remove any air bubbles. The cabbage juices will rise above the cabbage. If they do not rise above right away, let the cabbage sit for about 2 hours and try pressing down again. Occasionally, depending on the cabbage, the liquid will still not rise above the cabbage, even after some time. In this case, simply mix 1 cup filtered water with 1 teaspoon kosher salt and pour some of the salty water over the cabbage until it is completely submerged.
5. Create a seal: If fermenting in a crock, use a plate or a wooden board to force the cabbage beneath the brine. Top with a clean glass growler or jar filled with water to ensure that the weight applies pressure on the cabbage, keeping it submerged. If fermenting in a jar, use a smaller jar filled with water to do the same. Cover with a towel to keep out dust and bugs. Let the cabbage ferment at room temperature, out of direct

sunlight, for 7 to 10 days. The longer it sits, the sourer it becomes. When the cabbage shreds become translucent, that's a good sign that it's close to ready. You may notice foam or bubbles during fermentation. That's okay. When the sauerkraut has reached your desired level of sourness, transfer to a jar with a lid (if you've used a crock), cover, and refrigerate. Enjoy for up to 9 months.

Recipes adapted from The Gefilte Manifesto: New Recipes for Old World Jewish Foods by Liz Alpern and Jeffrey Yoskowitz (Flatiron Books, 2016). All Rights reserved.