

Pickled Garlic & Dill COCKTAIL CUCUMBERS

Pickled Cocktail Cucumbers are incredibly versatile and snackable. Eat them on sandwiches, burgers, charcuterie boards, or straight up.



Nutrition Facts	
servings per container	
Serving size	(77g)
Amount per serving	
Calories	10
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 0mg	0%
Potassium 73mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Prep time: 15 minutes
Cook time: 2 minutes
Serves: 2 Quarts

INGREDIENTS:

4 9-oz. packs of Cocktail Cucumber
2 1-quart mason jars
1-liter white wine vinegar or pickling vinegar
12 tbsp. white sugar
12 tbsp. salt
2 tsp. mustard seeds
1 tbsp. crushed red pepper flakes
2 tbsp. coriander seeds
2 tbsp. black peppercorns
4 cloves garlic, sliced
1 tbsp. crushed bay leaves
2 tbsp. crushed dill
Water

CHEF'S TIP:

For best results, leave your Cucumbers to marinate in the pickling mixture for at least 1 week before eating. If you don't have all the pickling spices on hand, you can also substitute a pre-made pickling mixture!

naturefresh.ca

STEPS:

- Wash Cocktail Cucumbers before preparing.
- Sterilize mason jars before preparing Cucumbers.
- Pour water into each mason jar to come within ½ inch from the rim.
- Take mason jar and pour water to fill up a measuring cup. Note the volume, pour off half the water, and replace it with vinegar to bring back to full volume. Add 2 tablespoons salt and 2 tablespoons sugar for every 3 cups of the water-vinegar mixture. Repeat for second mason jar.
- Pour vinegar mixture into a sauce pan and add all secondary ingredients.
- Bring vinegar mixture to a boil on high heat for 2 minutes. Remove from heat and let cool completely.
- Pack whole Cucumbers into mason jars. Pour cooled liquid into jars to fully cover the Cucumbers. Screw on lids tightly.
- Refrigerate for up to 1 month, leaving longer for stronger pickle flavor.

