Pickled SHISHITO **PEPPERS**

A unique twist on a classic, Pickled Shishito Peppers are the addictive garnish you've been waiting for. Enjoy them on burgers, crackers, or on their own!

Nutrition Facts	
servings per container	
Serving size	**(51g)**
Amount per serving	
Calories	**15**
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 590mg	**26%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 2g	
Includes 1g Added Sugars	**2%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 2mg	0%
Iron 0mg	0%
Potassium 4mg	0%

*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 packs** NatureFresh Farms Shishito Peppers
- **2 1-quart** mason jars
- **1 liter** white wine or pickling vinegar
- **12 tbsp.** white sugar
- **12 tbsp.** kosher salt
- **2 tsp.** mustard seeds
- **1 tbsp.** crushed red pepper flakes
- **2 tbsp.** coriander seeds
- **2 tbsp.** black peppercorns
- **4 cloves** garlic, sliced
- **2** bay leaves

CHEF'S TIP:

For best results, leave your Peppers 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.

STEPS:

- Wash all Shishito Peppers, remove stems, and sterilize mason jars before preparing Peppers.
- Slices Peppers into 1-inch slices.
- Pack sliced Peppers into jars. Pour water into each mason jar to come within ½ inch of the rim.
- Take first mason jar and pour water into 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 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 pour liquid into jars to fully cover the Peppers. Screw on lids tightly.
- Refrigerate for up to 1 month, leaving longer for stronger pickle flavor.

NatureFresh Farms

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