



Whether you are sprucing up a boring salad or indulging in a delicious burger, pickled veggies are a flavour explosion that can brighten up any dish you can dream of, all while being your trusty, time saving cooking hack.

Preserve the harvest – Easy guide to pickled veggies

Extend the life of your veggie gardens treasure, or sprinkle some extra zest and crunch into your daily salads, sandwiches, and beyond. Discover three easy recipes to preserve your favorite veggies, perfect for all those seasonal delights or prepare them as a cute party favour for your friends and family.

Pickled Ginger

Ingredients

1 to 2 pieces ginger – approximately 180g

1 red radish

1 tsp salt

¼ cup rice wine vinegar

¼ cup sugar

1 tbsp water

Method

Peel the ginger and cut into thin slices using a vegetable peeler or a mandolin. Thinly slice the radish with a sharp knife or a mandolin. Place the vegetables in a bowl with the salt and toss well to combine. Allow to stand for 1 hour then squeeze any excess liquid from the vegetables. Pack firmly into a sterilised jar.

Place the vinegar, sugar and water into a small saucepan and cook over a medium heat, Induction level 5, stirring constantly until the sugar dissolves. Increase the heat to high, Induction level 9 and bring the mixture to the boil. Remove from the heat and carefully pour the vinegar over the ginger and radish. Allow to cool, then seal with the lid and store in the refrigerator for 24 to 48 hours for the flavour and pink colour to develop.

The ginger can be stored in the refrigerator for up to 1 month.

Pickled Cucumber

Ingredients

1 cucumber – approximately 180g

1 red radish

1 tsp salt

¼ cup rice wine vinegar

1 tsp mustard seeds

¼ cup sugar

1 tbsp water

Method

Peel the cucumber and cut into thin slices using a vegetable peeler or a mandolin. Thinly slice the radish with a sharp knife or a mandolin. Place the vegetables in a bowl with the salt and toss well to combine. Allow to stand for 1 hour then squeeze any excess liquid from the vegetables. Pack firmly into a sterilised jar.

Place the vinegar, mustard seeds, sugar and water into a small saucepan and cook over a medium heat, Induction level 5, stirring constantly until the sugar dissolves. Increase the heat to high, Induction level 9 and bring the mixture to the boil. Remove from the heat and carefully pour the vinegar over the ginger and radish. Allow to cool, then seal with the lid and store in the refrigerator for 24 to 48 hours for the flavour to develop.

The cucumber can be stored in the refrigerator for up to 1 month.

Note: increase the pickling liquid as required

Pickled Cabbage

Ingredients

½ red cabbage, approximately 750g

1 tbsp salt

1 ¼ cups apple cider vinegar

½ cup water

½ cup sugar

½ tsp dried chilli flakes

Method

Slice the cabbage finely using a sharp knife or a mandolin and place into a

large colander.

Toss the cabbage with the salt then place the colander over a bowl and leave the cabbage to drain for 3 to 4 hours.

Squeeze any excess moisture from the cabbage and pack into a large sterilised jar or a glass bowl.

Combine the remaining ingredients in a small saucepan and cook over a medium heat, Induction level 5, stirring constantly until the sugar dissolves. Increase the heat to high, Induction level 9 and bring the mixture to the boil. Remove from the heat and carefully pour the vinegar over the cabbage, to completely cover. Allow to cool, then seal with the lid and store in the refrigerator for 24 to 48 hours for the flavour to develop.

The cabbage can be stored in the refrigerator for up to 1 month.

Make the most of your pickled veggies:



What goes better with pickled ginger than Japanese food. Serve pickled ginger with your home made sushi, nori wraps or this delicious [chicken skewers](#).



Add that extra layer of flavour into your recipes by including pickled cucumbers. This can be used in your entree, like these [Rye seed crackers](#), or add to a burger for a little extra complexity.



Save the cabbages you have in the fridge and add them to almost any dish to mix it up, like our [Cauliflower and chickpea soft tacos](#), sub the fresh cabbage for pickled cabbage. An easy swap that you can use for almost any recipe.