



# Pickle your own vegetables with this quick guide

## Ingredients

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## Method

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There's nothing like a cold, salty pickle to turn any simple salad, share platter or sandwich into a gourmet taste adventure. And while we're all spending more time cooking at home, a jar of home-pickled vegetables can really help keep things interesting.

Plus, pickling your own vegetables is easier than you'd expect – all you need is a jar, some fresh produce and your choice of quality vinegar and spices.

From carrots and cucumbers to [chillies](#) and tomatoes, here are our favourite tips for pickling veggies at home:

### Choose your vegetables

The magic of pickling is that it works with almost any fresh, quality vegetables – the more colours the better. Here in the NEFF kitchen, we've tried everything from beets, turnips and radishes, to carrots, cauliflower, peppers, green beans and asparagus. You could even combine a few, but don't overdo the taste sensation.

Cut your choice of ingredients up into manageable strips (between 1 and 2cm thick is a good starting point, although you can go thicker with softer vegetables like cucumber). The fresher the veggies, the better the flavour and texture.

### Make your brine

The secret to the perfect brine lies in these five elements: water, vinegar, sugar, salt and spices. Start with equal parts 100ml water and 100ml vinegar (white vinegar is most popular, but you could try rice vinegar or apple cider vinegar for a stronger flavour), and then add a pinch of sugar and a few teaspoons of salt. Your quantities don't have to be exact.

Then, add your herbs and spices. This depends on the vegetable you're using, but you'll just need a teaspoon or a few sprigs of each ingredient. You can't go wrong with these flavour combinations:

- Mustard and coriander seeds
- Garlic and thyme sprigs
- Peppercorns and dill sprigs

- Whole cloves and ginger
- Chilli flakes and celery seeds

Heat up the brine ingredients in a saucepan, being careful not to let it boil. All you need to do is let the sugar and salt dissolve – nothing more.

### **Keep cool and serve cold**

Once you've made your brine, it's time to package up and let your fragrant creations do their infusing work. Pack your sliced or whole vegetables in a mason jar, pour your hot brine over the top, and then leave sealed in a cool, dry place. After a week, you may need to top up the liquid with some more vinegar mixture to avoid oxidation. Once opened, refrigerate!

After a few days, you should be ready to tuck in. An easy, flavoursome way to pass the time. Have a go at adding your pickled vegetables to some of these NEFF Recipes:

- [Pumpkin salad with cauliflower, quinoa and pomegranate](#)
- [Thai Beef Salad](#)
- [Roast Beetroot Salad](#)

## **About NEFF**

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.

**[Learn more about NEFF here.](#)**

## **Notes**

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