

What's cooking? Good booking!



Recipe below is from:

**Pickling everything:
foolproof recipes for sour, sweet,
spicy, savory, crunchy, tangy treats**
by Meredith, Leda

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Ingredients:

1 pound carrots
1–2 cloves garlic, smashed
1-inch piece of fresh ginger, cut into four
chunks
4–6 whole black peppercorns
1/2 teaspoon whole mustard seeds

Pickled Carrots with Ginger and Coriander

1/2 teaspoon whole coriander seeds
2–3 fresh sprigs cilantro (coriander) leaves
1 cup white wine vinegar
1/2 cup water
1 tablespoon honey
1 teaspoon kosher or other non-iodized salt

1. Peel the carrots, slice off the stem ends, and trim them so that they will fit into a pint-sized canning jar lengthwise with an inch of head space above them. Cut them lengthwise into quarters.
2. Put the garlic, ginger, pepper, mustard and coriander seeds into a clean, pint-sized canning jar. Tip the jar onto its side. Load in the carrot spears. When the jar is full enough for the carrots to stay vertical, set it upright.
3. Tuck in the cilantro (coriander leaf) sprigs. A chopstick is useful for pushing the herbs down in between the carrots.
4. Add more carrots until they are so tightly packed that you can't shove in a single carrot slice more without it breaking. The carrots will shrink slightly during canning, and you want them to be so tightly packed that even with that shrinkage they hold one another down under the vinegar brine.
5. Put the vinegar, water, salt, and honey into a small pot and bring them to a boil over high heat, stirring to dissolve the salt and honey.
6. Pour the hot vinegar brine over the carrots and other ingredients in the jar. Be sure that the food is completely immersed in the brine, but there is still 1/2 inch of head space.
7. Wipe the rim of the jar clean. Screw on the canning lid. Store in the refrigerator for up to 3 months, or for longer storage at room temperature, process in a boiling water bath for 10 minutes (adjust the canning time if you live at a high altitude). Either way, wait at four days for the flavors to develop before tasting. **Makes 1 pint, recipe can be multiplied**