



Quick Pickled Carrots

Makes about 4 pints

Prep. time: 10 minutes

INGREDIENTS:

- 5 ½ cups white or apple cider vinegar (5% acidity)
- 1 cup water
- 2 cups sugar
- 2 tsp canning or kosher salt
- 8 teaspoons mustard seed
- 4 teaspoons celery seed
- 4 teaspoons red chili flakes
- About 3 pounds peeled carrots or baby carrots
- 4 or 5 clean pint-sized jars with lids

DIRECTIONS:

1. Make the brine: combine vinegar, water, sugar, and salt in a large saucepan. Bring to a boil and boil for 3 minutes. Remove from heat and allow to cool.
2. Prep the carrots: If you are using whole carrots, slice carrots into ½ inch thick coins or sticks. No prep is needed for packaged baby carrots.
3. Place 2 teaspoons of mustard seed, 1 teaspoon of celery seed and 1 teaspoon of chili flakes in each jar. You can adjust the amount of spices to taste.
4. Pack jars with carrots. Ladle the cooled brine into the jars, covering the carrots.
5. Place lids on the jars and place in the refrigerator to marinate for 24 hours.
6. Keep refrigerated. Pickles are best used within 3-4 weeks.

Notes:

- Create your own preferred spice blend—try using cumin, dill, peppercorns, etc., in addition to the recommended spices. Total amount of spices per jar should be about 4 teaspoons.
- Keep carrots refrigerated! Discard carrots if mold appears or product appears spoiled.
- Experiment with other raw vegetables—onions, radishes, zucchini, etc.—using the same brine and marinating technique.
- Excess brine can be stored in a clean jar in the refrigerator for 3-4 weeks.

Recipe adapted from So Easy to Preserve, Cooperative Extension, University of Georgia, 2014