

Crunchy Mixed Refrigerator Pickles

Makes one quart (1L) jar

Ingredients:

- 1 cup sliced, trimmed pickling cucumbers (250 ml)
- 1 cup cauliflower florets (250 ml)
- 1/3 cup sliced peeled carrots (75 ml)
- 1/3 cup sliced trimmed green beans (75 ml)
- 1/3 cup peeled pearl or pickling onions (75 ml)
- ½ red bell pepper, seeded and cut into wide strips
- ½ green bell pepper, seeded and cut into wide strips
- 1 hot red pepper, such as cayenne or Fresno, halved lengthwise
- 2 cups white vinegar (500 ml)
- 2/3 cup granulated sugar (150 ml)
- 1 Tbsp mustard seeds (15 ml)
- 1 ½ teaspoon celery seeds (7 ml)
- 1 ½ teaspoon Pickle Crisp (7 ml) ***

*** Pickle Crisp is calcium chloride which helps vegetable pickles retain a crisp texture. It can often be purchased at a hardware store where canning supplies are sold. If not available, it can be eliminated from the recipe – the vegetables may just have a little less “crunch”.

Directions:

In a large glass or stainless steel bowl, combine cucumbers, cauliflower, carrots, green beans, onions, red and green bell pepper and hot pepper. Stir to mix evenly. Set aside.

In a stainless steel saucepan, combine vinegar, sugar, mustard seeds, celery seeds, and Pickle Crisp, stirring to dissolve Pickle Crisp. Bring to a boil over medium-high heat. Reduce heat and boil gently for 3 minutes.

Pour pickling liquid over vegetable mixture. Cover with waxed paper and let stand until cooled to room temperature, about 30 minutes.

Pack vegetables into a clean jar to within a generous ½ inch (1 cm) of top of jar. Ladle pickling liquid into jar to cover vegetables, leaving ½ inch (1 cm) of headspace. Apply lids. For best results, allow cucumbers to marinate in refrigerator for at least 2 weeks and use within 3 months.

