

Quick Fridge Pickles

Collect

- 3 glass jars with tight fitting lids
- 1.5 cups of apple cider vinegar
- 1.5 cups water
- 2 tbsp kosher salt
- 3 tbsp mixed pickling spices
- 3 cloves garlic
- 3 bay leaves
- Small bunch of dill
- 5 or 6 English cucumbers

Mix the brine

1. Place the vinegar, water, and salt in a large saucepan and bring it to a boil.
2. While the brine is heating, rinse the cucumbers and then cut them into spears or slices.

Pack in the pickles

1. Evenly distribute the spice mixture, garlic cloves, bay leaves, and dill between the three jars.
2. Add the sliced cucumbers to each jar. Pack the pickles as tightly as you can without smashing them.
3. Carefully pour the brine over the cucumbers, making sure to cover them all the way.

Chill and enjoy

1. Screw the lids on the jars and put them into the refrigerator.
2. Let the jars sit for at least two days. After two days, open a jar and try a pickle! Enjoy all the pickles within a week or two.

What's happening?

Pickling is a form of food preservation. Vinegar creates an acidic environment that inhibits the growth of bacteria. Salt helps draw water out of the cucumber cells through the process of osmosis—further hindering bacterial growth and giving the cucumbers that characteristic pickle crunch. Over time, osmosis also allows for the pickles to take on the flavor of the brine.

Take it further

Since quick pickles aren't processed for long term storage, you don't have to worry as much about sticking to the recipe. For your next batch, try mixing up your own spice combinations. Peppercorns, red pepper flakes, mustard seed, or dill seeds can all be used to create your own unique pickle flavor.

Cucumbers aren't the only vegetable you can pickle either! Give carrots, asparagus, red onions or green beans a try.